



SHINE rediscovering your energy, happiness and purpose by Dr Andy Cope and Gavin Oattes is out 30 March 2018, published by Capstone and available on Amazon £10.99

ABOUT THE AUTHORS

Andy Cope: has spent 12 years researching positive psychology, culminating in a 'PhD in Happiness' from Loughborough University and is the UK's first Doctor of Happiness. He works globally, delivering wellbeing workshops for business and schools. Andy is also author of the best-selling Children's book series Spy Dog, the personal development Art of Being Brilliant Series and Happiness – your route map to inner joy. For more information see <http://www.artofbrilliance.co.uk/>

Gavin Oattes: award winning comedian, best-selling children's author and former Young Entrepreneur of the Year. Gavin was part of award winning comedy group 'The Colour Ham' and had four sell-out Edinburgh Fringes in a row. He is now Managing Director and owner of Tree of Knowledge, one of the UK's most exciting people development organisations. Find out more: <https://treeof.com/people/gavin-oattes>

NEW BOOK Dr of Happiness diagnoses new global epidemics
SHINE REVEALS UNIQUE REMEDIES FOR EPIDEMICS SUCH AS 'FAKE STRESS', 'BUSYNESS DISEASE' AND 'IRRITABLE BASTARD SYNDROME'

What do you get when you cross a Scottish stand-up comedian with England's first ever Doctor of Happiness? A new book that will have you laughing out loud whilst learning some serious science behind positive psychology, the value of inside-out thinking and practical tips for those in need of an energy transfusion.

Authors Gavin Oattes and Dr Andy Cope describe *SHINE* as 'self-help comedy'. It's a rip-roaring tour through big issues of the day - social media, technology, 24/7 news - their impact on our lives and relationships. Offering practical and humorous advice on how to take them head on.

Could you be suffering from one of these 21st Century epidemics?

'Fake Stress'

- Petrol Pump Fever - You fill your petrol to £20... and a penny? Do you get hot, feel stressed or angry. You may anxiously continue to add more petrol in a desperate attempt to achieve a rounded number... Get yourself checked out asap!
- Toilet roll trauma – do you get in a tizzy when someone hangs the toiletroll around the wrong way? Whether its hanging over and away from the wall or under - if you're convinced there is a right way and a wrong way then chances are you're suffering. The only time you really need to stress about the toilet roll is when there isn't any.

SHINE helps you de-stress.

'Busyness Disease'

- Do you slump through your front door, say a cursory 'Hi' to your family before dashing upstairs to log onto your emails?
- Are you so busy that you have adopted the 'Russian Dolls' email filing system (where your little yellow folder has little yellow folders inside them)?

- Are you struggling to find time to attend your children's school play?

'Busyness' is an insidious disease that destroys relationships from the inside-out. *SHINE* calms you down and helps you refocus on what's important.

'Irritable Bastard Syndrome'

- Has your partner got little habits that send you over the edge?
- Do you sometimes want to bury your mother-in-law under the patio?
- Do you have a sense of glumness on a Monday morning?

In which case, *SHINE* will save your sanity and relationships.

SHINE is packed with practical tools backed up by the latest psychological research that will help readers reset their mental health. Gav & Andy describe it as a mental Ctrl/Alt/Delete.

Practical tips include, how to bounce back from criticism, how to rethink your thinking, how to create a 25th hour in the day. And even, a brilliant new platform www.weworry4u.co.uk, on which readers can post their trivial worries, with the promise that Gav & Andy do the worrying for you. They've already had some fantastic worries from people around the world (this just in from Debra in Sheffield: 'Dear G&A, I'm worried because I can't work out which of the socks I'm wearing is the one that doesn't match? I didn't know who else to turn to.')

SHINE is the antidote to modernity - perfect for anyone stuck in the hamster wheel of life, who has lost sight of how to identify what really matters and how to stop stressing about the stuff that doesn't.

READY TO SPEAK TO THE MEDIA



Dr Andy Cope



Gavin Oattes

Gavin Oattes and **Dr Andy Cope** are the happiness A-Team: if you've got a wellbeing problem, they've got a cunning solution. Tried & tested, weird & wonderful, always entertaining and sometimes just plain bizarre.

Seasoned presenters, they are available to provide expert comment, interviews and by-lined articles on a number of topics, including:

Do you suffer from fake stress?

Are you addicted to 'busyness'?

Why being sad is an important part of being happy

How to handle criticism

The world's best self-help technique: inside-out thinking

Happiness is – noticing the things that don't happen

Weworry4U.co.uk – why you should let us do your worrying for you

Catch it early - Don't let minor glumness develop into full-blown Irritable Bastard Syndrome