

NEW  
BOOK

Lack of focus causes poor *Results* in the UK

#1 BEST-SELLING AUTHOR OF *CLARITY* REVEALS HOW TO DE-CLUTTER YOUR BRAIN TO ACHIEVE THE ONE RESULT YOU REALLY WANT, IN BUSINESS, LIFE OR LOVE



If you were to ask people what would make a difference in their life, you're likely to get a wide variety of answers including winning the lottery, having the perfect body or even owning the latest gadget. However, as thought-provoking new book, *Results* argues, these things are often just what people 'believe' will make a difference. Faced with information overload in today's fast-paced world, people are hypnotised by the pursuit of money, beauty or possessions, and in fact they are just distractions from what is actually important, and what they should really be working towards.

*Results – Think Less, Achieve More* is the latest book from #1 best-selling author and internationally renowned coach, Jamie Smart. Following on from his hit first book, *CLARITY*, *Results* goes a step further to help readers de-clog their mind of all the anxieties and pressures of modern life in order to make better decisions, prioritise and then focus on achieving the most important goals.

Through his transformational coaching principles, Smart helps readers to develop a deeper understanding of why they act the way they do. He uses examples and exercises designed to help readers overcome their own self-limiting beliefs and awaken their inner potential, whether that is in business, in their careers or even in their private life.

*Results* provides thought-provoking insights

and practical, common-sense pointers that will help readers thrive in the face of change and uncertainty. In order to successfully empower an individual to become a "results-creator" it breaks the transformation process into three stages:

- » **Personal Transformation:** A solid personal grounding is what enables you to move forward in the face of uncertainty and make a difference in the world, whether that is as a business leader, a parent, a partner or a friend. *Results* empowers readers to gain a deeper understanding of themselves in order to develop the qualities and internal resources to act with a greater sense of purpose and direction.
- » **Interpersonal Transformation:** The ability to connect with others and build strong relationships is a powerful tool when it comes to achieving results. By supporting interpersonal transformation, *Results* helps readers to develop the confidence and ability to have a greater impact on others.
- » **Commercial Transformation:** *Results* enables readers to transform their relationship with prosperity in order to create the livelihood they desire. Whether it is as an entrepreneur, a business leader or the star employee within an organisation, simple insights and realizations enable individuals to amplify their impact and take control of their destiny.

*Results – Think Less, Achieve More* by Jamie Smart is due to be published in November 2017 from **Wiley**, priced £10.99. For more information go to [www.jamiesmart.com](http://www.jamiesmart.com)

**ABOUT THE AUTHOR**

Jamie Smart is a number 1 bestselling author, coach and consultant. He is a renowned speaker and works with individuals and organisations, showing professionals and business leaders how to bring the principles behind clarity into their work and every other aspect of their lives. He is also the author of the books *CLARITY: Clear Mind, Better Performance, Bigger Results* and *The Little Book of Clarity* and has appeared on **Sky TV** and the **BBC**, as well as in *The Times*, *The Daily Telegraph* and *Psychologies Magazine*.

Jamie's corporate clients range from an SME ranked as one of *The Sunday Times 100 Best Small Companies to Work For* to a large Fortune500 organisation. He is also the founder of not-for-profit social enterprise, **The World Clarity Foundation**, which aims to relieve chronic psychological suffering globally through education programmes based on the principles of clarity behind psychological, social and emotional wellbeing.

**EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE**

Jamie Smart is an experienced, engaging and highly sought-after speaker. He is available for interview, expert comment or by-lined articles on a number of different personal transformation topics, including:



The secret of making a powerful connection with people

How to achieve the right state of mind for superb performance

Leadership: The inner key to confidence and certainty

Wisdom, intuition and common sense: How to make good decisions

Living the dream: How to turn your ideas into a reality

How to get back on track after a set-back

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