

Be Bulletproof

How to achieve success
in tough times at work



WHENEVER we feel under attack we naturally adopt a defensive posture. But psychologists have discovered that not only does our mood affect our body language but the relationship works the other way round. In an experiment by the University of Kansas, one group was asked to adopt defensive postures while the other was told to look relaxed and confident. Results showed that those with high-power poses felt more confident. They also reported feeling more 'powerful' and able to see solutions more easily.

Be Bulletproof is a book by business trainers James and Simon Brooke