

Be Bulletproof

How to achieve success
in tough times at work



MOST of us slip into the habit of slouching and rarely stand fully upright. But when you are stressed, under attack or just need to feel more confident, then drawing yourself up to your full height and making yourself feel taller can help, a Washington University study shows. If you slouch then imagine a cord gently attached to the crown of your head – not your forehead – pulling you upwards. Feel your spine gently elongate and your shoulders relax. You have just increased your ability to handle stressful situations.

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