

Be Bulletproof

How to achieve success
in tough times at work



Ever thought that your life might make a great story? Well, psychologist Jamie Pennebaker sought to discover whether people's wellbeing could be improved by writing about something distressing that had happened to them. Participants in the experiment were asked to write for 15 minutes a day, for four days. The results were remarkable. Those who took part showed measurable and significant health benefits for several months after the study compared to those who didn't. @bebulletproof

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