

Be Bulletproof

How to achieve success
in tough times at work



WHEN times are hard, you have to grin and bear it. We all know that when we feel cheerful and relaxed, we often find ourselves smiling. But now experts at the University of Kansas in the US have discovered that the simple act of breaking into a grin might cause people to feel happier and more content – as well as being something they do as a result of feeling happy. In other words, the happiness to smile sequence works both ways. So, if you're feeling stressed or under attack at work or business and want to improve your mood, try smiling. It really can lift your mood.

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