



Be Bulletproof: How to achieve success in tough times at work

James Brooke, Simon Brooke

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This is the essential guide for anyone looking to get ahead in the warzone that is often the workplace.

However good you are, there are always times you come under fire at work. But how do you turn a crisis into an opportunity, and make yourself bulletproof?

In Be Bulletproof, business trainers James and Simon Brooke reveal the top practical solutions for strengthening your resilience – so you can bounce back from every setback, rejection or criticism. You'll learn to be confident, positive and self-assured in the face of any office adversity.

Arm yourself against workplace hazards like:

- Harsh criticism and hostile colleagues
- Company politics and bad bosses
- Rejection and failure
- Redundancy or losing your job
- And – dare we say it? – your own mistakes



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