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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.

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Paperback – 1 Mar. 2012 by James  
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work towards the goal, you must  
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I felt the sound more than I heard it. My kneecap had slid out of its groove, then right back in. I dropped to the floor, certain I had broken something. Everything seemed okay at first. I was able...

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**How to Achieve Bulletproof Knees.**  
**A lifelong quest to ...**

"Be Bulletproof provides a range of practical ways in which you can create your own version of the Mongols' silk shirts and the modern day 'soft vest.'"  
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How To Achieve Success In Tough  
Times At Work Brew coffee, using a  
metal filter if possible (like french press  
or gold filter drip). Boil extra water and  
pour it into a blender while your coffee

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brews to pre-heat the blender. Dump  
out the hot water from the

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In Be Bulletproof , corporate trainers  
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strengthening your resilience so you can bounce back from any setback, kick or bruise. Learn how to protect yourself from workplace hazards such as: harsh criticism, company politics, hostile colleagues, repeated rejection, bruising redundancy and your own mistakes.

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