



How to Get a Grip

Matthew Kimberley

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You know the key to having more energy has nothing to do with crystals and chakras and everything to do with how much sleep you get. But you still choose reruns of Desperate Housewives over a good night's shuteye. You know that neglecting your friends will leave you destitute and lonely but you're still too damn lazy to pick up the phone and get in touch. You know you could get through your to-do list in half the time - yet you're still stalking your ex on Facebook. You know you need a kick up the backside - and that's what you'll find within the pages of this book. If you're sick of being mollycoddled by self-help that deals in platitudes and endless steps for a new you, join How to Get a Grip in its campaign to help you get your life back on track by telling you what you already know. Implement How to Get a Grip's idiot-proof instructions to morph, overnight from being a friendless, wimpy and subservient doormat, perpetually vexed by the iniquities and raw deals that life throws at you, to being a total superhero. And what's more - you'll have fun while you do it. No-nonsense lessons in life in a language that you will appreciate straight from the successful blog www.howtogetagrip.com



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