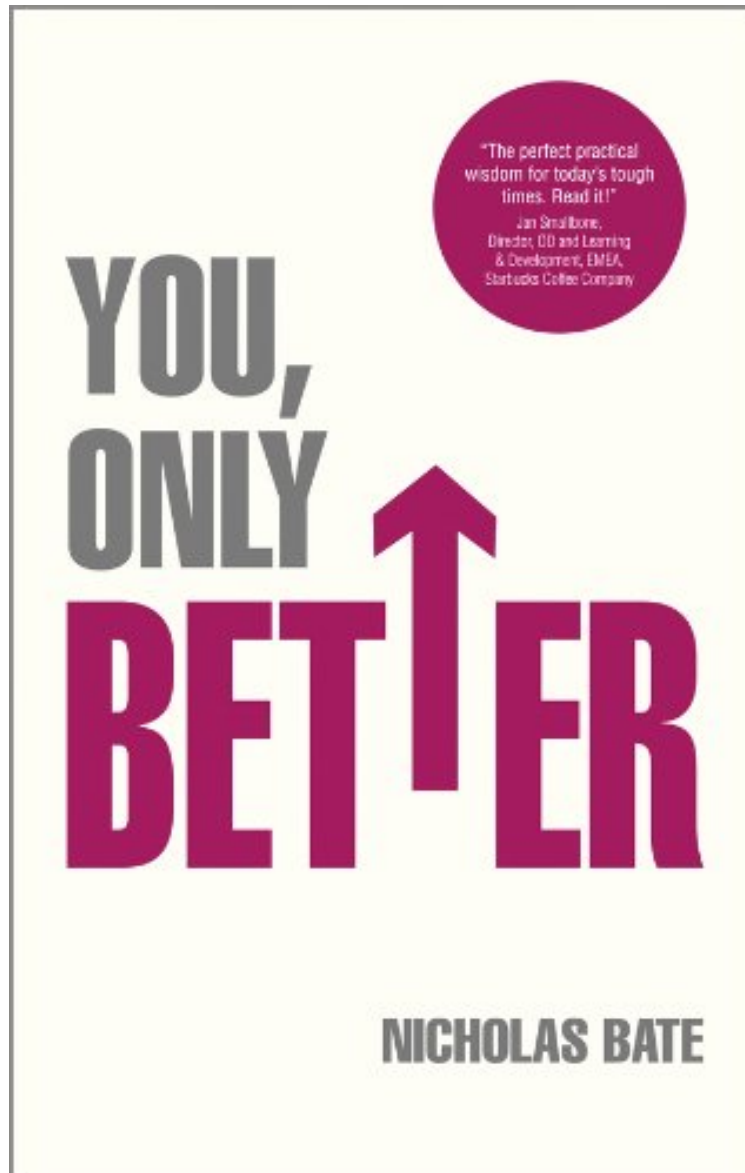


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# You, Only Better: Find Your Strengths, Be the Best and Change Your Life

*Nicholas Bate*

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**Nicholas Bate : You, Only Better: Find Your Strengths, Be the Best and Change Your Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised You, Only Better: Find Your Strengths, Be the Best and Change Your Life:

1 of 1 people found the following review helpful. Inspired meBy CustomerGave me practical ideas and steps in the journey to find the real "me." Now comes the hard part, actually putting those ideas and steps into action.2 of 2 people

found the following review helpful. Inspiring like Tom Peters, illustrated like Hugh MacLeod, uniquely Nicholas Bate. By Mark Polino I'm an admitted fan of Nicholas Bate's work. He was kind enough to send me a copy of *You, Only Better*, with no strings attached. I really enjoyed the book. It forces you to step back and get some perspective. What was nice was that when some of the early advice seemed surfacy, Bate then immediately dug into his own advice, clarifying it and taking it deeper. I like the format with lots of little drawings and illustrations. I walked away with an inspiration that I tend to get from Tom Peters books complemented by useful illustrations like Hugh MacLeod's work

If you want to be happy, fulfilled and energised its probably best not to obsess over being THE best. Why not focus on doing YOUR best? You don't need to completely transform yourself and become a shining beacon of wonderment and astonishing success; you should remain you . . . just a better version. *You, Only Better* is all about discovering what you're good at and focusing on that. It's about deciding what it is you really want from life and learning how to reach your full potential. Packed with the author's hand-drawn illustrations, helpful quotes, mini-case studies and QAs you'll learn how to change your mindset for the better and think positively, take action to achieve your goals, fight against fatigue and get motivated and achieve long lasting happiness and contentment. *You, Only Better* offers techniques and methods for: Gaining energy and focus Managing your time effectively Setting your goals Honing your thinking and mindset Dealing with pressure and stress Making smart decisions Thinking creatively to solve problems Actually taking action and keeping up the momentum

From the Back Cover "The perfect practical wisdom for today's tough times. Read it!" — Jan Smallbone, Director, Organisational Development and Learning Development, EMEA, Starbucks Coffee Company There is a version of you which is pretty amazing; Focused, creative and able to make things happen. Someone who can take pressure in their stride and make great decisions. Someone who is in control and simply doing what they are passionate about. Someone who is really enjoying work, but loving home and personal life at the same time. There is a *You, Only Better*. All you need to do is work out what you're best at, stick with it; and the rest will fall into place. You'll be able to plan for the life you want and create the momentum you need to reach your full potential. Packed with techniques, tips, case studies and cool illustrations, this book shows you how to change your mindset for the better, take positive action and stay focused. You'll learn how to tap into that elusive version of you and hang on to it. With a few simple shifts, a bit of additional knowledge and one or two radically fresh ways of thinking, you'll get to that even better version of you. About the Author Nicholas Bate is passionate about supporting people to ensure they realise and release their true and full potential. It is the simple purpose of his organisation, Strategic Edge and his teaching, consulting and writing. After a career in sales and marketing in the IT industry, culminating in leading sector marketing for Research Machines, Oxford, UK, Nicholas launched Strategic Edge. A small, premium consultancy, Strategic Edge specialises in creating long-term competitive advantage for its clients including Microsoft, Starbucks, Marks and Spencer, The BBC, Royal Sun Alliance and Oxfam amongst others. A pioneering thought leader, Nicholas has introduced and worked with his clients on a range of simple yet powerful concepts which help with challenges such as ever-demanding productivity, work/life balance and new routes to innovation. He has designed, written and teaches six highly innovative courses: Personal Excellence; Brilliant at the Basics of Selling; Personal Presence; Instant MBA; How To Boost Your Creativity; and The Five Choices of Outstanding Customer Service. Consistently rated as an inspirational yet highly pragmatic key-note speaker, Nicholas teaches around the world (UK and continental Europe; USA and Canada; Asia) and is particularly skilled at working in an experiential and engaging manner. He works as a coach to many senior people in the industry in areas such as presentation skills, work/life balance and creativity.