



The Strengths Book: Be Confident, Be Successful, and Enjoy Better Relationships by Realising the Best of You

Alex Linley, Janet Willars, Robert Biswas-Diener

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You are remarkable. But do you always realise it? Realise your strengths and you'll be realising the best of you. Do you want to be confident, successful, and sustainably happy? Do you want to achieve your goals and enjoy better relationships? Leading strengths experts Dr Alex Linley, Dr Janet Willars and Dr Robert Biswas-Diener provide the evidence that shows you how. The Strengths Book reveals the sixty strengths that make us who we are. Bursting with insights on using each strength in relationships, at work and at play, it also gives examples of famous people who share the strength with you. There's even advice on not taking your strengths too far! If you're a manager, a parent, a career-changer, or even just you, remarkable as you are, The Strengths Book is for you. Discover your strengths - what you do best and love to do - and transform your life by realising the best of you.



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