How to Have a Great Life: 35 Surprisingly Simple Ways to Success, Fulfilment & Happiness

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“Life changing advice.” — Tim Lovejoy, TV Presenter and Broadcaster

“Quick and easy-to-implement advice, brilliantly written with a touch of humour. I loved it.” — Drew Povey from Channel 4’s Educating Greater Manchester

By Paul McGee

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“It’s so easy to live with the attitude ‘so what’s next?’ rather than simply enjoying ‘what’s now?’”

In How to Have a Great Life, author Paul McGee discusses how “we can quickly (and perhaps unquestioningly) step onto the treadmill of life and end up living it on autopilot.”

To avoid this fate he explores how How to Have a Great Life starts with you – your strengths and amazing potential and how to develop these.

Each of us already has many of the tools we need to succeed – we just need to know which ones to use and how best to use them.

With chapters covering areas such as ‘Remember You’re OK’, ‘Quit Playing the Game You’ll Never Win’, ‘Why Fear Isn’t Always Your Enemy’, ‘Struggles Can Strengthen You’ and ‘Manage Your Mental Diet’, McGee’s advice will help the reader understand how to tap into their ability to grow, while equipping them with insights, inspiration, and practical tools to deal with whatever life throws their way.

Filled with no-frills, funny, and emotionally intelligent advice, How to Have a Great Life shows readers how to take action to achieve success and live a happy and fulfilled life.

As McGee says: “A life of success, fulfilment and happiness does not just happen by accident. It happens by action. So, quit the talking and do some walking. Today.”

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How to Have a Great Life by Paul McGee is due to be published 29th June 2018. It will be available wherever books and ebooks are sold, priced £9.99.

About the author:

Paul McGee is a conference speaker, seminar presenter, communication coach, and bestselling author.

His academic background is in behavioural and social psychology, and his early career was spent in Human Resources and People Development before he lost his job due to ill health when he was diagnosed with M.E. Now fully recovered he’s become one of the UK’s leading speakers on change, inspiring leadership, and communicating with confidence. His thought-provoking, humorous, and practical approach to life has seen him speak in 40 countries and he’s sold over 200,000 books worldwide. He also works on a consultancy and coaching basis with an English Premier League football team.

He developed the SUMO (Shut Up, Move On) brand in 2002 and more recently launched SUMO4Schools, a programme designed to help young people realize their potential and develop skills for life.

He’s fascinated by people, an explorer of faith, and passionate about football. He supports two teams - Wigan Athletic and Bradford City. Why? It’s a long story.

Good food and laughter with family and friends, coupled with walks in the countryside, keep him sane. Most of the time.

To find out more about his work visit www.theSUMOguy.com

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