



Andy Barker
and Beth Wood

Un lock you

Be calm,
confident and
happy in just
10 minutes a day

Praise for *Unlock You*

'A truly insightful book. If this doesn't help you achieve your potential, nothing will.'

David Gold, Chair, West Ham United and Gold Group International

'Every individual and business who wants to thrive in the 21st century needs to take care of their and their team's mental health to build resilience and team confidence. This is an important book that guides you to help you, as teams and as people, to deal with uncertain times in an accessible and effective way.'

Dr Jo Twist OBE; CEO, UKIE

'I found *Unlock You* helpful in setting attainable goals for increasing positivity in my life while releasing negativity. It has developed my understanding in areas regarding stress, and enhanced my ability to create a better life for myself using the tools we are naturally designed with'

Sarah Ali Choudhury, award-winning Indian food expert, Influential Woman of the Year 2018

'Beth Wood and Andy Barker have compiled a fantastic resource with plenty of theory and some inventive ways to practise as you challenge yourself to improve your wellbeing. They don't just help to *Unlock You*, they give you a full set of keys too.'

Ian Martin, cognitive behavioural psychotherapist, The Priory Hospital

'*Unlock You* - the title says everything! So many more of us could live a healthier, more fulfilling and happier life, and this book will unlock your potential. The step-by-step exercises provide the support you'll need to bring positivity and mindfulness into situations we face every day. The research information included explains WHY we need to make adjustments to help change our conditioned thinking and behavioural patterns. It's a book to keep for a lifetime, guiding us through each day as we go forward.'

Mark Curry, actor, presenter, qualified life coach

Unlock You

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