

Get Off Your Arse

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The message is clear, clue is in the title, just get off your arse and do it. Brad Burton, the author, does a very good job at telling his story, from nothing to where he is today. Many of us are not very good at self praise and realising our self worth, this book doesn't give you all the answers, but it gives you the questions you should be asking yourself and what those possible answers ...

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In Get Off Your Arse Too, it is characterised by the same style of Get Off Your Arse - i.e. light on theory and jargon, heavy on practical actions you can take and mindsets you can adopt. This book is less about what you can do (which GOYA 1 is) and more on the mental attitude you need to adopt to change or turnaround your life.

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Amazon.co.uk: Customer reviews: Get Off Your Arse Too

The title of the book, Get off your arse, is akin to Brad's style of business. It is very in your face with a lot of beyond the watershed language. Don't read it if easily offended. It has to be this way to get straight to the point. A key message that Brad is getting across is to be real and true to yourself.

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