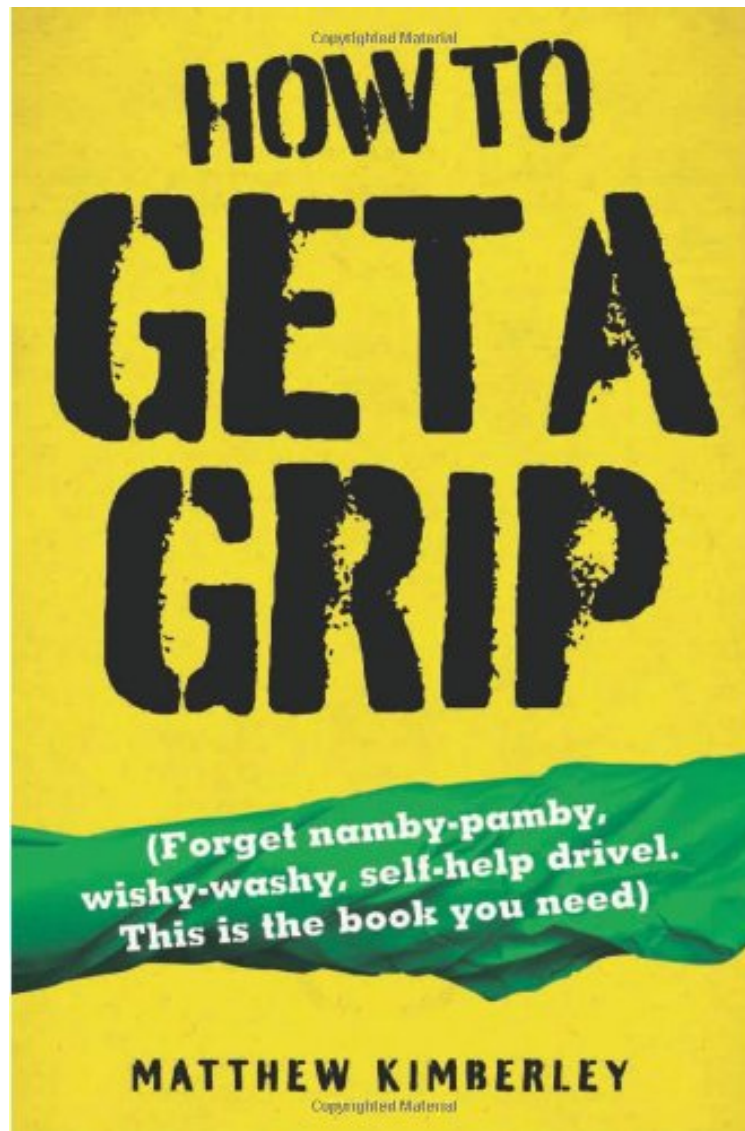


How to Get a Grip

Matthew Kimberley

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Matthew Kimberley : How to Get a Grip before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Get a Grip:

0 of 0 people found the following review helpful. its easy for it to be scripted for a movieBy J. Braganzaa no b s guide.... simple, practical, light yet effective advice.... the author may come across as 'in your face' a few times.... but its the stuff you don wanna hear but you need to... the very casual approach in the writing may lead one to think that the author takes it a little over the top, but to me it seems that there is a lot to read between the lines..... may not seem like it to some but the author seems very well read... and has churned out his creativity, experiences, etc into making

complex things simple or finding simple, illustrative solutions to complicated stuff. that to me is not everyone's piece of cake and he has done that efficaciously, that's the best part about the advice..... i know some may call this a 'self help' book. but the way its written.. besides what its supposed to do, it triggers your imaginative side, very lucratively during the read..... usually when that happens in a book, its easy for it to be scripted for a movie..... cos you don't have to be a nasa scientist to get the essence of what he's saying or the way he has put it.... i hope that a movie does happen but until then this is a great read.... you will enjoy and hopefully benefit from it as intended as long as your sporting for the language and the exercises within the book...0 of 0 people found the following review helpful. Common sense advice with a wicked sense of humor!By Kindle CustomerMatthew Kimberley has to be the most entertaining self-help author there is. Plain spoken advice with humor, but it gets the message across: you know what to do, get a grip and do it! I'm glad I read it, because the humor just brings the message home!2 of 2 people found the following review helpful. It reminds you of all you read in your other 328 personal development booksBy CosminExcellent book! Recommended to anyone that has read so many personal development books and forgot to do anything with the information from them.Best read in the morning on the toilet! Read 3-4 pages, put it down. Now begin your day doing the things you knew you have to do to make this day better.This book is worth 25 personal development books because the information is compressed and short. You know how some books are 200 pages but you can figure out everything you need to know from their title? (eg "Quit eating so much if you want to be slim!"). How to get a grip is just the opposite - short - so now instead of spending 5 hours to read a book, you can use the 5 hours to improve your life.Bonus: book is filled with British humor, it's the most fun personal development book I ever read!

Forget namby-pamby, wishy-washy, soft-hitting self-help drivel. 'How To Get a Grip' offers lessons in life in a language that you will appreciate.

"amusing debut instruction manual"—Kirkus s