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Be Bulletproof: How to achieve success in tough times at work Paperback \u0026amp; 1 Mar. 2012 by James Brooke (Author), Simon Brooke (Author) 4.6 out of 5 stars 66 ratings See all 6 formats and editions

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"Be Bulletproof provides a range of practical ways in which you can create your own version of the Mongols' silk shirts and the modern day 'soft vest.'" The Brookes studied centuries of "the wisdom of ancient thinkers" and lessons to be learned from them that have remained relevant during an extended period of time as the separate but related psychologies of self-defense and interactive ...

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I felt the sound more than I heard it. My kneecap had slid out of its groove, then right back in. I dropped to the floor, certain I had broken something. Everything seemed okay at first. I was able\u0026amp;#x2011;

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In Be Bulletproof , corporate trainers James and Simon Brooke reveal the top practical solutions for strengthening your resilience so you can bounce back from any setback, kick or bruise. Learn how to protect yourself from workplace hazards such as: harsh criticism, company politics, hostile colleagues, repeated rejection, bruising redundancy and your own mistakes.

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