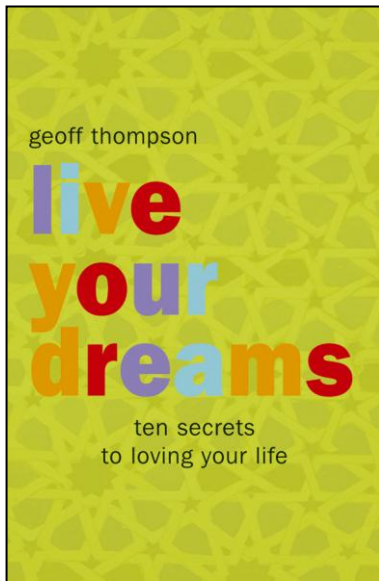


Summersdale Book Press Release
Inspirational self-help from BAFTA-winning author



Live Your Dreams

Ten Secrets to Loving your Life

By Geoff Thompson

ISBN: 978-1-84024-774-9 Paperback January 2010 £7.99

Feeling trapped in an unfulfilling job, relationship or even in your own life? Maybe today is the optimum time to instigate positive change?

Geoff Thompson's latest book provides the emotional, spiritual and practical tools with which to live and love your life to the max.

Drawing on his own inspirational personal experiences, as well as other insightful case studies, the self-help guru introduces a raft of scientific and cultural techniques to help banish negativity and to enable you to achieve your goals.

'Geoff Thompson is in a class of his own' FHM Magazine



Writer, teacher and martial arts guru, Geoff Thompson took up martial arts to protect himself from school bullies. Going on to practice his skills as a nightclub bouncer who was both feared and respected, deep down he was too scared to pursue his dream of becoming a writer.

Not until one of his doormen colleagues was killed in a brutal attack was he able to renounce violence and begin questioning his life, his ambitions and his wildest dreams.

Now the celebrated author of over 30 books, a stage play and a BAFTA winning film, Geoff's autobiography, *Watch My Back*, a Sunday Times bestseller, has been adapted into a major motion picture 'Clubbed'. Written by Geoff, 'Clubbed' was released last year, heralded by BRITISH FILM magazine as 'a new Brit stunner.'

Geoff Thompson is a world-renowned martial arts instructor and motivational speaker. He has a large, loyal following and he conducts workshops and seminars to encourage others to take control of their fears. Geoff lives with his family in Coventry.

Geoff Thompson is available for media interviews, talks and book signings. Review copies of many of Geoff Thompson titles are available on request



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