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Shut the Duck Up!

Bobby Cappuccio, Pete Cohen

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Shut the Duck Up! Bobby Cappuccio, Pete Cohen

Are you plagued by constant negative dialogue running around in your head? Like the incessant quacking of a duck? In this powerful book, Bobby Cappuccio and Pete Cohen give you a host of great strategies and insights to help you to Shut The Duck Up! - for good!

In this inspirational book, Bobby Cappuccio and Pete Cohen encourage you to make big life changes in ten little minutes. Bobby and Pete have spent years collecting the 84 secrets of personal change that will amaze, inspire and motivate you. And in this ground-breaking book, they help you to Shut The Duck Up! and replace the old, negative dialogue in your head with inspirational stories.

Bobby Cappuccio and Pete Cohen are both television personalities, international speakers and trainers. They work with the world's largest companies to facilitate remarkable changes in their businesses.

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