

# GET LOST IN A GOOD BOOK

## Take time out for yourself this National Read A Book Day...

As the nights start to draw in this autumn, why not pursue a life-long passion or find a new hobby? 'National Read A Book Day', taking place on 6 September, gives you an ideal opportunity to switch off from technology and the rest of world as you delve deeper into something new. Whether you have always dreamt of investing in property or starting your own business, to spending more time in the kitchen creating culinary delights or taking time to work on your family's mindset and wellbeing, here are a selection of books from our speakers at this year's #achievebristol:

### MAKING MONEY FROM PROPERTY BY MARTIN ROBERTS

Martin Roberts, the founder of Achieve, recently launched a revised version of his iconic property book, *Making Money From Property*. Martin has



been involved in property both in front of the lens, behind the mic, on stage as an international speaker, as an author and under the hammer for 20 years. His book is an informative and insightful read, designed to help those starting out on their property investment journey.

### THE PROPERTY AUCTION GUIDE BY MARTIN ROBERTS

*The Property Auction Guide* condenses Martin Roberts' years of experience reporting on thousands of UK property auction lots combined with his own personal experience of buying and developing properties himself. This book has already been well received and is a go-to source of information for anyone seeking to buy and sell property at auction in the UK

### SECRETS OF SUCCESSFUL SALES BY ALISON EDGAR

In *Secrets of Successful*

*Sales*, Alison Edgar, 'The Entrepreneur's Godmother', brings together psychology and sales to help you develop a winning strategy for increasing sales and growing your business. Centred around Alison's 'Four Key Pillars of Sales' methodology, this book enables you to better understand customer behaviours.

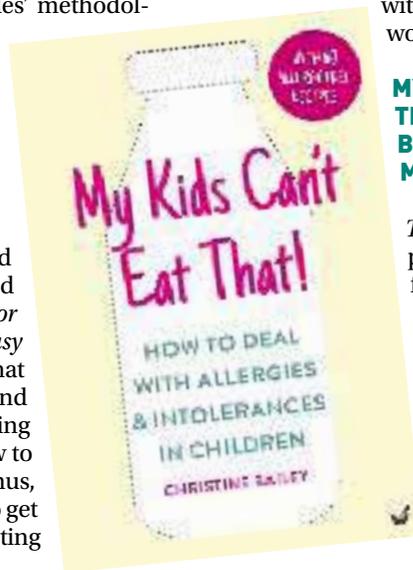
### EAT WELL FOR LESS: QUICK AND EASY MEALS

As well as a foreword from Gregg Wallace and Chris Bavin, *Eat Well for Less: Quick and Easy Meals* is full of tips that will save you time and money. With shopping lists and advice on how to plan your weekly menus, it's never been easier to get the whole family eating well for less.

### ANXIETY REBALANCE: ALL THE ANSWERS FOR TEENS BY CARL VERNON

*Anxiety Rebalance: All the Answers for*

*Teens* is a follow-up to the Amazon #1 bestseller, *Anxiety Rebalance*. This ground-breaking book will give teenagers all the confidence, tools, and answers they need to overcome anxiety and deal with excessive stress and worry.



### MY KIDS CAN'T EAT THAT BY CHRISTINE BAILEY - MSC PGCE MBANT CNHC

*My Kids Can't Eat That* contains 60 simple, delicious, family-friendly recipes, and seven-day meal plans to ensure your child enjoys a nutritious, allergy free diet. But this is more than just a delicious allergy free recipes book. This book also takes functional approach, explaining why aller-

gies develop and what you can do to address the root causes.

Happy Reading!  
www.achieve.co.uk