GR Phelps
BOOK PUBLISHING

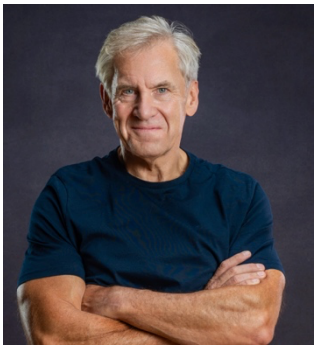
GR Phelps Publishing

Books with a purpose, on topics that matter.

G.R. Phelps publishes short, practical books for busy people. Each one takes a subject that affects how we live or work, strips out the waffle, and leaves the reader with something they can use the same day: a habit, a checklist, a phrase that works. The series began with health and fitness and now covers the working day as well, from meetings to customer service to selling. Every figure is traced to its source, every tip is tested in practice, and no book is longer than it needs to be.

About the author

Graham Roberts-Phelps has spent more than 25 years teaching people how to work better. He has run some 4,000 courses for more than 30,000 managers and professionals in over 20 countries.



Graham is available for in-house training, workshops and conference speaking. Contact him at www.grphelps.co.uk.

Current and forthcoming titles

- **You Are What You Don't Eat:** *How the Food Industry Got You, and How to Get Out*
- **A Little Book of Everyday Exercise***: Ninety-nine ways to move more. No gym, no kit, no Lycra.*
- **A Little Book of Strength Training***: Thirty strength training exercises*
- **A Little Book of Quick, Easy, Healthy Meals***: Thirty real food recipes*
- **A Little Book of Fast, Effective Meetings***: Twenty-five ways to make meetings shorter, sharper and more useful*
- **A Little Book of Brilliant Customer Service***: Thirty-three ways to solve the problem, make people feel special, and enjoy your day*
- **A Little Book of Consultative Selling***: Thirty ways to stop selling and start helping* people buy.
- **A Little Book of Staying Fit After Fifty***: Everyday strength, balance and energy for the second half.*

www.youarewhatyoudonteat.co.uk