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differently, embrace what he calls “ emotional contrasts, ” and make small adjustments to their daily actions to experience a successful career and happier life. He is the creator of The Bertrand Method.

Erik Bertrand Larssen (Author of Hell

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Week)

Erik Bertrand Larssen has also worked as a mental coach for several years. Both the business and athletic industry have used his knowledge and skills to improve performance in their personal and professional life. He was the mental coach for the national skiing team at the world

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championship in Oslo in 2011.

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Norway native Erik Bertrand Larssen is many things: a veteran paratrooper who served in Bosnia, Kosovo, and Afghanistan, a successful entrepreneur, and a mental

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coach. He has helped catapult the success of countless high-achievers, including Microsoft and Stat Oil executives and Olympic medalists Martin Sundby and Suzann Pettersen. His life altering method improves performance by getting ...

Hell Week: Seven days to be your best self:

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After serving with the military as a paratrooper, he worked in the telecom industry, moved into headhunting and then started mental and career coaching.

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puhuja ja mentaalivalmentaja — koska hän on paras. Kirjassaan Paras hän paljastaa, mikä erottaa voittajan muista. Ja mikä on ominaista heille, jotka elävät unelmaansa. Erik Bertrand Larssen on koulutukseltaan upseeri, laskuvarjosotilas ja taloustieteilijä .

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Buy Hell week 1 by Erik Bertrand Larssen (ISBN: 9788365731197) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Bertrand Larssen, whose clients include Olympic athletes and Fortune 500 CEOs, Hell Week is a military-inspired yet accessible guide to making the critical changes necessary for long-term professional and personal success and overall lifestyle improvements.

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serving with the military as a paratrooper, he worked in the telecom industry, moved into headhunting and then started mental and career coaching. Holding a Masters degree in business economics, Erik is the number one mental trainer in Norway with clients ranging from ...

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sinua pääsemään tavoitteeseesi.

Metodit ovat osoittautuneet

lyömättömiksi yhä uudelleen ja  
uudelleen. Paras on kirja täynnä voimaa.  
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Hell Week: Seven days to be your best self by Erik ...

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