

# [PDF] The Blue Day Book: A Lesson In Cheering Yourself Up

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**Description:**

**About the Author** Since the debut of his international bestseller *The Blue Day Book*, Bradley Trevor Greive has become a household name in more than 115 countries. A former Australian paratrooper, BTG left the army to pursue more creative misadventures. He has been bitten by wild monkeys and rabid bats and was accepted into Russia's cosmonaut training program-though those incidents were, by and large, unrelated. BTG spends most of his time in a tiny Tasmanian hamlet.

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