

GO

FEATURING  
JAMIE OLIVER  
RICHARD BRANSON  
TOM DALY  
AND MUCH  
MORE

HOW  
TO  
WIN  
AT  
LIFE

THE EXPERT  
GUIDE TO  
EXCELLING AT  
EVERYTHING  
YOU DO  
CHARLIE BURTON



Charlie Burton

GQ How to Win at Life: The Expert Guide to Excelling at Everything You Do



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Featuring Jamie Oliver on cooking, Richard Branson upon business, Tom Daley upon sports, plus much more. Drink and food Cook the perfect steak Use a Boston shaker like a pro Grasp sushi etiquette Barbecue properly using science Chop as fast as a chef Serve espresso that is clearly a work of art Cope with a broken wine cork Crack an egg one-handed Blend a Martini just like the world's best bartender 2. Design Secrets Define your individual style Hang your jeans using the Savile Row fold Spot a fake Rolex Tie your scarf in a gilet knot Speed-fold with the Tokyo T-clothing technique Keep your sneakers icy-white Deploy the military tuck Shave with next-level razor abilities Dodge the view dial con Tie a first-class bow tie Step up your shoeshine technique Fasten a NATO watch strap 4. Close friends and Enthusiasts Buy a diamond like a diamond dealer Dance without looking like your dad Provide a killer foot therapeutic massage Discover out if someone's lying for you Finesse your flirting Throw a formal social gathering Buy blooms for your companion Win an argument just like a lawyer Split up with someone the proper way 3. Bold illustrations highlight the succinct step-by-step instructions that may guarantee success. The requirements include: 1. Essential skills from the best-offering men's magazine on looking sharp and living smart. Eight chapters comprising 75 entries cover life's must-have skills. Based on personal experience, interviews with foremost authorities and wisdom from GQ's editors, Charlie Burton displays men how exactly to win at fashion, sport, food and drink, work, romance, travel -- well, everything. The Unpredicted Survive a kidnapping Escape from a sinking car Save from choking Evade pursuers using parkour Fend off a dog assault Survive a tsunami Discover out if you're being followed Property a plane with engine failing Make it through the apocalypse For 30 years, GQ has been the premier magazine for millions of men all over the world. On the Move Optimize your hotel knowledge Track stand like a champion cyclist Take up a fire in the torrential rain Fold a match for crease-free of charge travel Get quality sleep on a night flight Drive such as a "heel-and-toe" pro Speed-learn any vocabulary Navigate using nature's compass Have a "wow" holiday picture 6. REVEALING Perform mind-blowing magic like Dynamo Dive into a pool gracefully Psych out your poker opponent Execute the Zippo snap Sabre a champagne bottle Turbo-charge your memory Gain at kick-ups Sing just like a superstar Hang artwork on your walls like an artist 7. Function and Career Start a billion-dollar company Work a room just like a grasp connector Ask for a pay raise - and obtain it Give a speech that they can remember Ace the work interview Write a bestselling novel Hand-shake the right path to success Conquer your to-perform list Neutralize a crisis the Alastair Campbell way 8. Video games and Well-being Run as an elite athlete Update your workout routine Hit an evil squash serve Swim faster, less difficult front crawl Power-toss a football Freedive such as a merman Gain big at the internet casino Bowl a strike each time De-tension with mindful meditation 5. GQ HOW EXACTLY TO Win At Life brings the best in one handsome package.



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The little things I got an advance duplicate of the publication because We was interviewed for what quantities to one behavior. I wanted to clarify that first. Life is about the little points, and Charlie Burton unpacks a whole lot of little factors that will make your daily life easier. But that is not why I recommend the reserve. From how exactly to best work a room to cleaning your sneakers (and yes it really is an art type to do it best) to how to dress for achievement to how to improve your storage - all the specialists are there to greatly help us along. How to do factors for the better. 100 little things total big changes and that is what this publication is approximately. Well done Charlie!



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