

Erik Bertrand Larssen

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Erik Bertrand Larssen is a performance consultant who energizes people to think 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 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 championship in Oslo in 2011.

Speaker Erik Bertrand Larssen | Maximize your Potential ...

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"Hell Week" by Erik Bertrand Larssen | Video Summary

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

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Erik Bertrand Larssen is a performance consultant who energizes people into successful careers and happier lives. After serving with the military as a paratrooper, he worked in the telecom industry, moved into headhunting and then started mental and career coaching.

Hell Week: Seven Days to Be Your Best Self: Larssen, Erik ...

Erik Bertrand Larssen on Norjan suosituin puhuja ja mentaalivalmentaja — koska h ä n on paras. Kirjassaan Paras h ä n paljastaa, mik ä erottaa voittajan muista. Ja mik ä on ominaista heille, jotka el ä v ä t unelmaansa. Erik Bertrand Larssen on koulutukseltaan upseeri, laskuvarjosotilas ja taloustieteilij ä .

Erik Bertrand Larssen - Elisa Kirja

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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From world-renowned mental trainer Erik 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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Erik Bertrand Larssen is a performance consultant who energizes people into successful careers and happier lives. After 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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Norway native Erik Bertrand Larssen is many things: a veteran paratrooper who served in Bosnia, Kosovo, and Afghanistan, a successful entrepreneur and a mental coach. He has helped catapult the success of countless high achievers, including Microsoft and Stat Oil executives and Olympic medallists Martin Sundby and Suzann Pettersen. His life-altering method improves performance by getting ...

Hell Week Audiobook | Erik Bertrand Larssen | Audible.co.uk

Erik Bertrand Larssen on koonnut kirjaan vuosikymmenten aikana hankkimansa tiedon ja kokemukset, ja haluaa nyt auttaa sinua p ä ä sem ä ä n tavoitteeseesi. Metodit ovat osoittautuneet ly ö m ä tt ö miksi y h ä uudelleen ja uudelleen. Paras on kirja t ä ynn ä voimaa. Siksi se vetoaa monenlaisiin lukijoihin.

Paras - Erik Bertrand Larssen - E-kirja - Elisa Kirja

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Hell Week: Seven days to be your best self by Erik ...

Erik Bertrand Larssen e-kirja, 2017, suomi, ISBN 9789522795656 Olet vahvempi kuin luuletkaan.Kirjassaan Vahva Larssen esittelee kahdeksan asiaa, joita on hyv ä lis ä t ä el ä m ä ä ns ä , ja kahdeksan asiaa, joista kannattaa luopua.

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