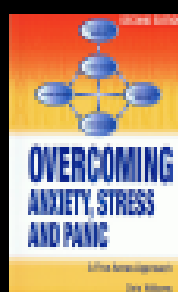


I WANT TO ORDER SOME WORKBOOKS, DVDs, FLASHCARDS, AND OTHER 5 AREAS RESOURCES



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Price List

All costs include **free delivery**. Prices valid from 1/1/10 and replaces all previous price lists.

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MATERIALS	NUMBER REQUIRED	COST (INCLUDES FREE DELIVERY)
Overcoming Depression and low mood: A five areas approach book (3 rd edition)	@ £20.99 each	
Overcoming anxiety, stress and panic: A five areas approach book (2 nd edition)	@ £20.99 each	
Two book saver deal (both the above books – Depression and Anxiety/stress/panic)	@ £40.50 in total	
Overcoming postnatal depression book	@ £20.99 each	
Overcoming Teenage low mood and depression book <i>Highly commended BMA Awards 2009; RSM/Society of Authors Award Winner 2008</i>	@ £20.99 each	
Set of all 10 Living Life to the Full “little books”	@ £15.00	
Worry Box (4 books, boxed set with handouts)	@ £10.00	
Set of four colour flash cards (sleep, problem solving, thinking and assertiveness)	@ £1.75	
Living Life to the Full DVD (NB includes the 4 credit cards) (also available at cost for the NHS in Scotland – contact us for information)	@ £14.99 each	
Bulk orders: select from below	Total	£

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**“Overcoming ...”
Series Five Areas books**

(Includes Overcoming Depression and low mood/Overcoming Anxiety/Overcoming Teenage low mood and depression/Overcoming Postnatal depression – includes free photocopying licence for use by the individual practitioner)

Available at **£18.50 each** for orders of **25 copies or more**

**Credit card sized LLTF
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4 cards addressing sleep, problem solving, thinking and assertiveness

400 (100 of each) = £48.00
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1000 (250 of each) = £105.00
2000 (500 of each) = £185.00
4000 (1000 of each) = £320.00
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(life skills course)**

10 @ £80.00 (£8.00 each)
25 @ £175.00 (£7.00 each)
50 @ £300.00 (£6.00 each)
100 @ £500.00 (£5.00 each)
250 @ £1125.00 (£4.50 each)
500 @ £2000.00 (£4.00 each)
750 @ £2625.00 (£3.50 each)
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5000 @ £12,500.00 (£2.50 each)

Larger quantities available- please ask for prices

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