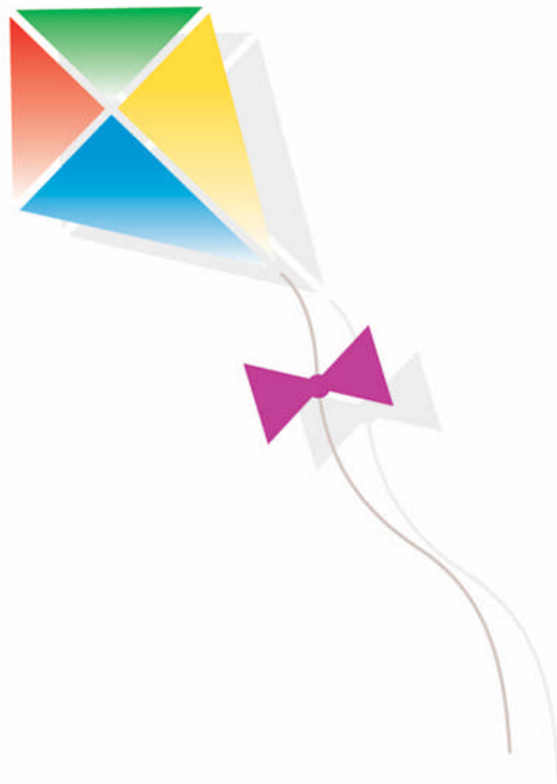


A Five Areas Approach

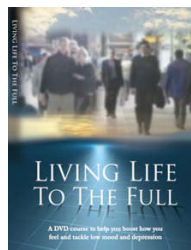
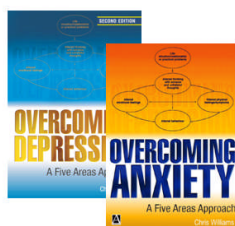
Information for people wishing to
purchase self-help resources by
post/cheque



Dr Chris Williams www.fiveareas.com
www.livinglifetothefull.com www.feelinglikethis.com

NB: Alternatively, when making your order online please choose the pay by cheque/invoice/e-banking option and print off the order form summary that is then provided – and return with your method of payment

Price List: All costs include free delivery. Prices valid from 16/6/08 and replaces all previous price lists. All sales are subject to our terms and conditions published at www.fiveareas.com



Name:	Organisation (if relevant)
Full Postal Address	
Telephone No	
Email Address (if available)	

Materials	Number required	Cost (includes free delivery)
Overcoming Depression and low mood: A five areas approach book	@ £19.25 each	
Overcoming Anxiety: A five areas approach book	@ £19.25 each	
Two book saver deal (both the above books – Ov depression and anxiety)	@ £36.99 each	
I'm not supposed to feel like this book	@ £7.00 each	
Overcoming teenage low mood and depression book	@ £19.00 each	
Set of five LLTTF Booklets	@ £7.75 each	
Sets of 4 credit cards (sleep, problem solving, thinking and assertiveness)	@ £1.75 each	
Living Life to the Full DVD (NB includes the 4 credit cards)	@ £14.99 each	
Confidence booklet: I'm not good enough	@ £2.50 each	
Anger booklet: Are you strong enough to keep your temper?	@ £2.50 each	
10 things you can do to feel happier straight away booklet (pre-order – available July 2008)	@ £2.50 each	
I feel so bad I can't go on booklet (suicidal thoughts) (pre-order – available July 2008)	@ £2.50 each	
Any other items (price as per website current cost)		
Total		£

The prices may be amended and resources added or removed from sale from time to time. Please use the Current Order form at www.fiveareas.com or check prices on the website

Signature.....

Date

Please complete the above information and return to: Five Areas, Five Areas PO Box 9, Glasgow G63 OWL. Make cheques payable to: **“Five Areas”**