

# 10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

SECOND EDITION  
BY DR CHRIS WILLIAMS

## 10 Things You Can Do To Feel Happier Straight Away

With associated online worksheets that can be downloaded and printed directly via links in the book, this little book can change your life. Follow it's simple practical advice and you'll be happier, fitter and maybe even slimmer soon! What's more you'll start to appreciate the World and be able to see the positive side of everyday life. You may also get through quite a lot of bananas. All that in 40 pages? Of course - that's what happens when you get straight to the point! This book is part of an 8 session online course at [www.lltff.com](http://www.lltff.com) and the Living Life to the Full series of books. Also consider; Write all over your bathroom mirror, Why do I feel so bad, I can't be bothered doing anything, Why does everything always go wrong, I'm not good enough, How to fix almost everything, The things you do that mess you up and Are you strong enough to keep your temper.

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