



24 Hours To Get A Job That Fires You Up

The less we do, the worse we feel. The worse we feel, the less we do. Being out of work is bad for people, their families and friends. It saps energy, grinds people down, causes frustrations and damages self-confidence. This small but powerful 64 page book provides solutions – and gives fresh hope. Based on the evidence-based cognitive behavioural therapy (CBT) approach, and written in the same style as the other little CBT life skills books at www.fiveareas.com, "24 hours to get a job that fires you up" provides an empowering, practical and easy to implement course that aims to help readers not only get any job- but to work towards getting one that enthuses them too. Includes associated online worksheets that can be downloaded and printed directly via links in the book. You may also like; 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, Are you strong enough to keep your temper and 10 things you can do to feel happier straight away.

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