

# I CAN'T BE BOTHERED DOING ANYTHING

SECOND EDITION  
BY DR CHRIS WILLIAMS

## I can't Be Bothered Doing Anything

The worse you feel, the less you do and the less you do the worse you feel. This 44 page small but powerful book brings together a wealth of effective strategies that are widely used to improve mood. Using associated online worksheets that can be downloaded and printed directly via links in the book, re-establish a routine to your day, start to fill your day with activities you enjoy, target activities that give you a sense of pleasure, closeness and achievement and help you plan to do the important things also. 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, 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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