



# I FEEL SO BAD I CAN'T GO ON

SECOND EDITION  
BY DR. CHRIS WILLIAMS

## I Feel So Bad I Can't Go On

This award winning 40 page book aims to help those who have suicidal thoughts, providing tips on staying alive - even when you might not want to, suicide lasts forever - your problem doesn't. Also provides helpful support numbers, information on unhelpful behaviours to avoid and encourages talking to others and not being ashamed to do so. Includes associated online worksheets that can be downloaded and printed directly via links in the book. 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, Are you strong enough to keep your temper and 10 things you can do to feel happier straight away.

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