

# THE THINGS YOU DO THAT MESS YOU UP

AND HOW TO STOP  
DOING THEM

SECOND EDITION  
BY DR CHRIS WILLIAMS

## The Things You Do That Mess You Up

Eating or drinking too much? Pushing others away? Feeling clingy and always looking to others for answers? Then this small but powerful 28 page book is for you. Find out why you respond in these sorts of ways when you feel down or upset. With associated online worksheets that can be downloaded and printed directly via links in the book, discovering the causes is the first step to changing things. Take the first step now. 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, Are you strong enough to keep your temper and 10 things you can do to feel happier straight away.

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