

WHY DO I FEEL SO BAD?

SECOND EDITION
BY DR CHRIS WILLIAMS

Why Do I Feel So Bad?

One of the greatest challenges to feeling better is to work out why we feel as we do. Step by step this small but powerful 32 page booklet clearly helps you understand the impact of distress on five key areas of your life. Understanding gives us hope that we can change. With associated online worksheets that can be downloaded and printed directly via links in the book, this booklet can help provide that hope by showing you what you can do to improve things. This book is part of an 8 session online course at 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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