

10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

By Dr. Chris Williams

10 Things You Can Do To Feel Happier Straight Away

With associated online worksheets that can be downloaded and printed directly via links in the book, this little book can change your life. Follow it's simple practical advice and you'll be happier, fitter and maybe even slimmer soon! What's more you'll start to appreciate the World and be able to see the positive side of everyday life. You may also get through quite a lot of bananas. All that in 40 pages? Of course - that's what happens when you get straight to the point! Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at www.lltffyp.com and part of the Living Life to the Full series of books. Also consider; Write all over your bathroom mirror, Understanding your feelings, Doing things that make you feel better, Looking at things differently, Building Inner Confidence, How to fix almost everything, The things you do that mess you up and 123 Breathe.

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