



1,2,3, Breathe

Anger and irritability affects all of us. Being angry and "letting it all out" can sometimes feel like it helps but it never really helps for long. In this small but powerful 36 page book, learn proven and effective steps to gain control over anger. With associated online worksheets that can be downloaded and printed directly via links in the book, learn a three step plan of knowing your buttons, knowing your early warning signs and what your escape hatches are before things escalate. Book appropriate for those aged 12-18 years. 123 Breathe is part of an 8 session online course at www.lttfyp.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 10 things you can do to feel happier straight away.

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