

DOING THINGS THAT MAKE YOU FEEL BETTER

By Dr. Chris Williams

Doing Things That Make You Feel Better

The worse you feel, the less you do and the less you do the worse you feel. This small but powerful 36 page book brings together a wealth of effective strategies that are widely used to improve mood. With associated online worksheets that can be downloaded and printed directly via links in the book, re-establish a routine to your day, start to fill your day with activities you enjoy, target activities that give you a sense of pleasure, closeness and achievement and help you plan to do the important things also. Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at www.lltffp.com and part of the Living Life to the Full series of books. Also consider; Write all over your bathroom mirror, Understanding your feelings, Looking at things differently, Building Inner Confidence, How to fix almost

everything, The things you do that mess you up, 123 Breathe and 10 things you can do to feel happier straight away.

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