

UNDERSTANDING YOUR FEELINGS

By Dr. Chris Williams

Understanding Your Feelings

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. Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at www.llttf.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, Why does

everything always go wrong, 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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