



## How To Fix Almost Everything

Most of the time we feel upset because of things building up around us. Ever felt overwhelmed by things? Can't cope? Then this little 32 page booklet is for you. Learn how to tackle problems one step at a time, with associated online worksheets that can be downloaded and printed directly via links in the book. Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at [www.lltff.com](http://www.lltff.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, 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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