

LOOKING AT THINGS DIFFERENTLY

By Dr. Chris Williams

Looking At Things Differently

This little booklet shows us how upsetting thoughts can powerfully affect how we feel and what we do. Feeling pushed around by your worries? Do you dislike yourself? Thinking that nothing ever goes right? If so, this small but powerful 28 page book is for you. Using associated online worksheets that can be downloaded and printed directly via links in the book, learn how to change negative or stressful thoughts. Book appropriate for those aged 12-18 years. This book is part of an 8 session online course at www.llttfyp.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, 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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