

THE THINGS YOU DO THAT MESS YOU UP

AND HOW TO STOP
DOING THEM

By Dr. Chris Williams

Things You Do That Mess You Up

Eating or drinking too much? Pushing others away? Feeling clingy and always looking to others for answers? Then this small but powerful 28 page book is for you. Find out why you respond in these sorts of ways when you feel down or upset. With associated online worksheets that can be downloaded and printed directly via links in the book, discovering the causes is the first step to changing things. Take the first step now. 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, Building Inner Confidence, How to fix almost everything, 123 Breathe and 10 things you can do to feel happier straight away.

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