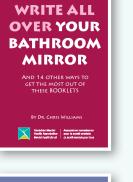


## **Short Format Booklet Descriptions**





15 tips that help you put the changes you want to make in action, and to get the most out of these booklets.



"I always mess up," "Everyone thinks I'm a loser." Beat those bad thoughts for good! Our Amazing Bad-Thought-Busting program will help you learn how to beat unhelpful thoughts.

WHY DO I FEEL SO BAD?

Censidiari Markal Association conscience Health Association pour la sacht methole Alexist Association Le accul methole pour tra Want to know what makes you tick? Get an understanding on how your responses to outside events can affect your thoughts and feelings, and what to do about them so you can start feeling good again!

I'M NOT GOOD ENOUGH WOORHDENCE DV DL CHEIS WILLIAMS

Build self-esteem and change your life! With this booklet, you'll learn practical suggestions to help you discover all the good things about yourself.

I CAN'T BE BOTHERED DOING ANYTHING

Considian Marital Association Conscience Health Association pour la santé montaix Mentel Association La santé mentaix pour taus When it seems like too much trouble to even get out of bed, you need this booklet. It helps get routine back into your day and provides real-life suggestions on how to get fun back into your life!

HOW TO FIX ALMOST EVERYTHING

> Constitut Marital Association Constitution Health Association pour is until monthle Nector Justich for all Le sand method pour to

Want to stop smoking? Make friends? Get out more? You're just steps away from achieving your goal — whatever it is with our easy 4-step plan!



Booklets are available in English and French.



## **Short Format Booklet Descriptions**



THE THINGS YOU DO THAT MESS YOU UP AND HOW TO STOP DOING THEM

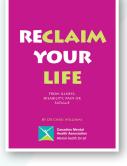
Clentifier Markel Association considering Health Association pour la sente mentale Association (health for all La activit mentale pour tass It's not what you do, it's how much you do it. When you're feeling low, you can start to lean on things to help get you through a bad time. Learn how to get back in control and feel better.



Worry and In Case of Panic: Helps you understand your anxiety — your worry — and introduces you to a great way to fix it: the 3 Fs (Face it, Fix it, Forget it). It will also help you beat panic attacks.

STRONG ENOUGH TO KEEP YOUR TEMPER?

Constition Marital Association constitent Hould Association pour la autilit metale Meter Assich for all La autof metale pour to Get ready to 1,2,3, breathe! This booklet gives you everything you need to control your temper and improve your happiness and relationships.



Your life is more important than your illness. If you've received a diagnosis that frightens you, or if you're struggling after years of impaired mobility, this booklet can help you feel a little better every day.

10 THINGS YOU CAN DO TO FEEL HAPPIER STRAIGHT AWAY

Feel better in minutes! This booklet can change your life. Follow its simple, practical advice and you'll be happier, fitter, and see the positive side of life!



You were hoping for a fairytale, but what you got was poo. 14 days, 14 changes — just two weeks to getting better. Every time you turn a couple of pages in this booklet, you will find a suggestion to make one change in your life, your thoughts, your routine, or your relationships.

