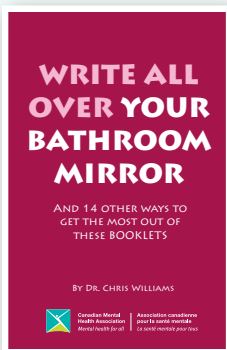
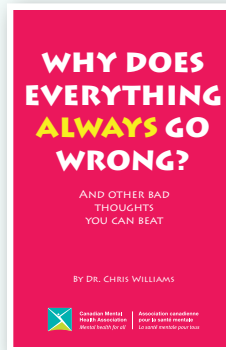


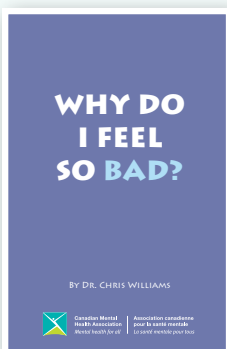
Short Format Booklet Descriptions



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.



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!



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.

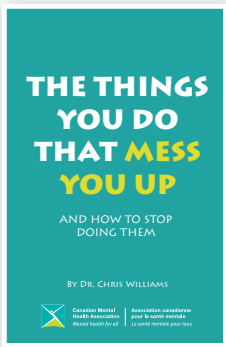


When it seems like too much trouble to even get out of bed, you need this booklet. It helps get routine back into your day and provides real-life suggestions on how to get fun back into your life!

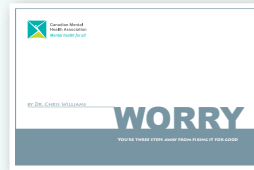


Want to stop smoking? Make friends? Get out more? You're just steps away from achieving your goal — whatever it is — with our easy 4-step plan!

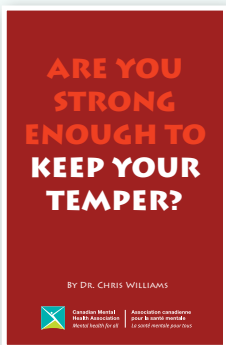
Short Format Booklet Descriptions



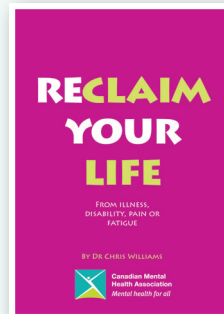
It's not what you do, it's how much you do it. When you're feeling low, you can start to lean on things to help get you through a bad time. Learn how to get back in control and feel better.



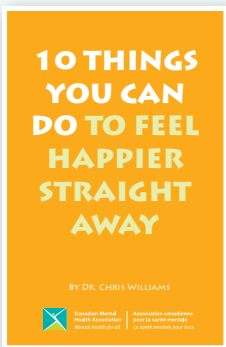
Worry and In Case of Panic: Helps you understand your anxiety — your worry — and introduces you to a great way to fix it: the 3 Fs (Face it, Fix it, Forget it). It will also help you beat panic attacks.



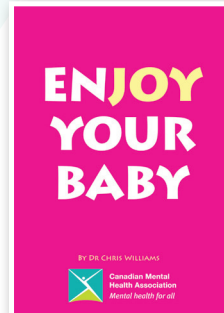
Get ready to 1,2,3, breathe! This booklet gives you everything you need to control your temper and improve your happiness and relationships.



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.



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.