Short Format Booklet Descriptions

**Write All Over Your Bathroom Mirror**
15 tips that help you put the changes you want to make in action, and to get the most out of these booklets.

**Why Does Everything Always Go Wrong?**
“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?**
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 Can’t Be Bothered Doing Anything**
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!

**I’m Not Good Enough**
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.

**How to Fix Almost Everything in 4 Easy Steps**
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!
**10 Things You Can Do To Feel Happier Straight Away**

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.

**Are You Strong Enough to Keep Your Temper?**

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**

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!

**Enjoy Your Baby**

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.