

# BOOK RESOURCES

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## LLTFF® Resources (single books)



## Physical Wellbeing



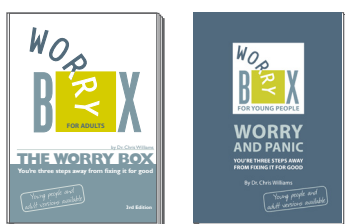
## Dental Anxiety



## Relationships



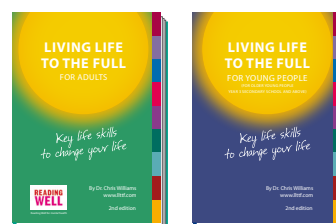
## Worry and Panic



For adults

For young people

## LLTFF® Resources (course books)

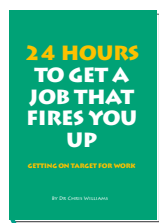


For adults

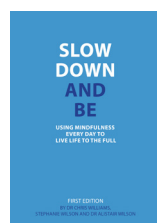
For young people



Parents



Employment



Mindfulness



Menopause



Some books are also available via the Kindle and Apple stores.  
Discover more at [www.lltff.com/ebooks](http://www.lltff.com/ebooks)

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LLTTF® course books.	NUMBER REQUIRED	COST
LLTTF combined books for adults (all 8 sessions in one book)		£15.00
LLTTF for young people (all 8 sessions in one book)		£15.00
<b>Worry and Panic.</b>		
Worry Box - Adult version		£7.50
Worry Box - Young person version		£7.50
<b>Living Life to the Full (LLTTF®) course for low mood or stress. Single topics to read alone or as part of a course.</b>		
How to start living life to the full (previously Write all over your bathroom mirror)		£2.50 each
Understanding your feelings (previously Why do I feel so bad?)		£2.50 each
Doing things that make you feel better (previously I can't be bothered doing anything)		£2.50 each
Looking at things differently (previously Why does everything always go wrong)		£2.50 each
Building inner confidence (previously I'm not good enough)		£2.50 each
How to fix almost everything (Practical problem solving)		£2.50 each
The things you do that help - and the things you do that don't (previously The things you do that mess you up)		£2.50 each
1,2,3, Breathe! (Are you strong enough to keep your temper?)		£2.50 each
10 things you can do to feel happier straight away		£2.50 each
Set of 9 of the above books - saving £7.50!		£15.00
I feel so bad I can't go on (Building hope and overcoming suicidal thoughts)		£2.50 each
<b>Building and rebuilding relationships.</b>		
You, Me and Us. A guide when facing a crisis in a relationship		£3.00 each
Moving out and Moving on (rediscovering you after the end of your relationship)		£3.00 each
<b>Mindfulness.</b>		
Slow down and Be. Using mindfulness every day to live life to the full		£3.00 each
<b>Employment.</b>		
24 hours to get a job that fires you up. (24 one hour tasks to get the job you want)		£3.00 each
<b>New Mums.</b>		
Enjoy your baby (Maternal mental wellbeing and attachment)		£3.00 each
<b>Dental Anxiety.</b>		
Helping your child visit the dentist (Parent guide for 0-8 years). Also, free dental course for teens <a href="http://www.lltff.com/dental">www.lltff.com/dental</a>		£2.50 each
Getting the dental care you need		£4.00 each
<b>Physical wellbeing.</b>		
Reclaim your life from illness, disability, pain or fatigue (living with long-term physical illness)		£3.00 each
Understanding and living with non-epileptic seizures		£4.00 each
Live longer have a heart attack (Weight loss/motivation)		£2.50 each
Stop smoking in 5 minutes (Tackling nicotine craving 5 minutes at a time)		£2.50 each
Fix your drinking problem in 2 days (Using a two day a week plan for healthier drinking)		£2.50 each
<b>Total</b> (Please make Purchase orders or cheques payable to Five Areas Ltd or order online.)		£

## ARE YOU A LICENCE HOLDER?

Remember to mention if you are a LLTTF/other class licence holder and we will offer you a **10% discount**. (cannot be combined with other offers)

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