

Youth Booklets

Booklet 1. **Write all over your bathroom mirror**

This booklet makes the others work better. Learn 15 great tips on how to work with the other booklets and feel better sooner.

Booklet 2. **Why do I feel so bad?**

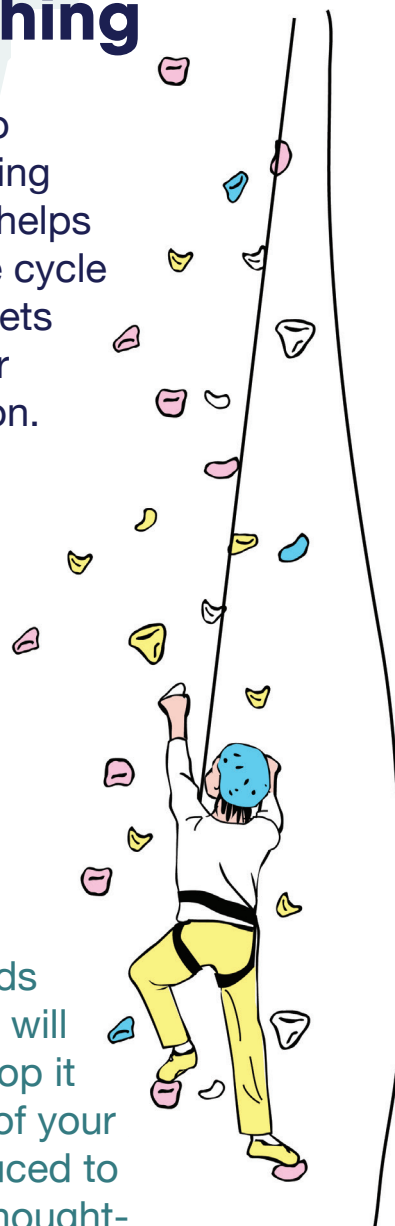
Want to know what makes you tick? This booklet helps you understand how your responses to outside events can affect your thoughts and feelings. It shows how just a single altered thought can lead to sadness, tiredness, and even illness.

Booklet 3. **I can't be bothered doing anything**

We've all said this to ourselves when feeling down. This booklet helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

Booklet 4. **Why does everything always go wrong?**

If that thought sounds familiar, this booklet will teach you how to stop it from taking control of your life. You'll be introduced to the Amazing Bad-Thought-Busting program and learn how to swap bad thoughts for helpful ones.



Booklet 5. **I'm not good enough**

How come other people seem so confident? Learn their secrets and get to like yourself again, with practical suggestions about how to build your self-esteem.

Booklet 6. **How to fix almost everything**

This booklet introduces the Easy 4-Step Plan — a straightforward way to fix your problems and achieve your goals that has worked for thousands of people. Do you know how to go up a climbing wall? This booklet will show you how.

Booklet 7. **The things you do that mess you up**

When you're feeling low you can start to lean on things to get you through a bad time. This booklet helps you get back in control of hiding away, spending too much time on social media, or watching TV.

Booklet 8. **1, 2, 3, breathe**

This booklet teaches you the 1, 2, 3 breathe! system — everything you need to control your temper and improve your happiness and relationships. No complicated terms, no theory, just practical help.

Booklet 9. **10 things you can do to feel happier straight away**

The booklet sums everything up and then shows you how to be happier, more active, and able to see the positive side of life every day.

