



Living life to the full (LLTTF®)

RESOURCES LIST

Five Areas Ltd and its successful brand Living Life to the Full (LLTTF®) teach key life skills in an accessible and user-friendly way. In this sheet you will be able to see the wide range of resources that can be used by individuals and also by supporters. We have books, online self directed courses, class teaching resources for supporters to run classes and we also offer training for members of the public, supporters, and across services - see below for details and links to the products. You can see our full website and list of products as well as free resources, blogs and more at LLTTF.COM

Members of the public

If you are a member of the public we have a range of resources to suit how you like to learn (printed book, online book and resources and live training classes direct to the public - [you can see upcoming training dates here](#)).

Supporters

If you are a practitioner and support others we can offer books (with huge bulk price discounts), code to give access to online courses and resources and class teaching resources to run classes. We offer training in the use of the resources for individuals or for whole teams. We offer non-commercial and private practitioner licences for our class teaching resources - [talk to us to find out more](#). We run tours of the resources you can join to see how the resources are used and to ask questions and find out how they would work for your team. [Book your place here](#). If there are resources you would like to see us provide then [contact us](#).

Managers

We can arrange training for whole teams and services and supply resources across your service - [contact us to find out more](#).

More info can be seen under the menu item Service Solutions for information on EAPS, Service Transformation, CCBT, Charities, Young People, Older Adults, Churches and Overcoming Series and SPIRIT.

**Building
wellbeing
skills for life**



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TOPIC	Book	Self Directed Online Course	Class Teaching Resource for Supporters	NOTES
Pregnancy, Babies and Infants				
Pregnancy		Enjoy Your Pregnancy Self Directed Online Course	Enjoy Your Pregnancy Class Teaching Resource	
Baby	Enjoy Your Baby (for parents of a new baby) Book - available in printed or online versions	Enjoy Your Baby Self Directed Online Course	Enjoy Your Baby Class Teaching Resource	Self directed course available in English 2nd Ed And Welsh 1st Ed
Infant		Enjoy Your Infant Self Directed Online Course	Enjoy Your Infant Class Teaching Resource	
Children and Young People				
Children - We Eat Elephants			We Eat Elephants (WEE) for children of primary school age Class Teaching Resource	
Young People - My Big Life			My Big Life (MBL) Class Teaching Resource for children and young people struggling at home, school or looked after settings	
LLTTF® Young People	LLTTF® Young People combined Book Worry Box for Young People	Living Life to the Full for Young People Self Directed Online Course for 1 user or family version for 3 users	LLTTF® Young People Class Teaching Resource	
Parents of Young People		Parents course: Helping your child Live Life to the Full Self-directed online course		

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Adult				
Living Life to the Full (LLTTF®) Resources for Adults	LLTTF® Adult combined Book Available in English and Welsh LLTTF® Core little books Available in sets of 9 and also available individually with handy filters to search for the area that you are interested in. Printed and online versions available Worry Box for Adults Printed and online versions available	Living life to the full Adult self directed online course	Living Life to the Full for Adults Class Teaching Resource Updated course coming soon Available in non-English languages see below. Available to non-commercial teams and private practitioners	Video Adaptations of the core little books with the associated online book available - these videos have English Closed Captions or as a set of 9 videos and books Set of bookmarks - great for personal use or as a resource for supporters
Translated LLTTF® Adult Resources	We have our core little books in printed format (print to order) and also as online resources - see here for more details.	We have a version of the LLTTF® online self directed course in Traditional Cantonese and Simplified and Traditional Mandarin.	We have class teaching resources translated into the following languages:- English, Oromo, Somali, Spanish X, Urdu, and Farsi	We have translated resources available in a wide range of languages. Languages include Arabic, Bengali, Chinese, Czech, Farsi, French, Gujarati, Hungarian, Kurdish, Lithuanian, Polish, Portuguese, Punjabi, Romanian, Ukrainian and Urdu.

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TOPIC	Book	Self Directed Online Course	Class Teaching Resource for Supporters	NOTES
Overcoming Series	Overcoming book series including Overcoming Depression and Low Mood (Adults) Anxiety, stress & panic Postnatal Depression Teenage Low mood and depression Functional neurological symptoms Overcoming depression and low mood in older adults CBT A Clinician's Guide to using The Five Areas Approach	Overcoming low mood, stress & depression - for adults (Bounceback) Also we now have 5th edition online version Overcoming Depression and Low Mood Series 5th Edition	SPIRIT Train the Trainers Teaching Resources - For practitioners We can train your whole team to use the Overcoming Series resources - contact us to find out more	Read more here and speak to us if you are interesting in being able to use our PDF Chapters across your whole organisation.
Older Adult	Overcoming depression and low mood in older adults: a Five Areas CBT approach 1st edition		Living life to the full for older adults	
Students		Survive and Thrive at College or University - Self-directed online course		
Employment	24 Hours To Get A Job That Fires You Up - available in printed or online versions	24 hours to get a job that fires you up		
Physical Health				
Physical Illness	Reclaim Your Life From Illness, Disability, Pain or Fatigue - available in printed or online versions	Reclaim your life (RYL)	Reclaim your life from illness, disability pain or fatigue (RYL) Class teaching resources. 12 month license Large Group version	
Menopause	Living life to the full in your menopause - available in printed or online versions	Coming soon		

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Eating Disorders		Overcoming Bingeing Online		
Pseudo seizures	Understanding & Living with Non-Epileptic Seizures			
Weight Management	Live longer, have a heart attack			
Cancer			Living Life to the Full for Adults Class Teaching Resources Plus MacMillan Cancer Support Trainer Notes	
Stop Smoking	Stop Smoking In 5 Minutes - available in printed or online versions			
Drinking	Fix Your Drinking Problem in 2 Days - available in printed or online versions			
Mindfulness	Slow down and be - available in printed or online versions	Slow down and be		
Physical Health				
Parents / carers of young people facing life limiting illness		Supporting children or young people facing a life limiting illness - for parents/ carers		
Relationships				
Relationship book 1	You, Me and Us			
Relationship book 2	Moving Out and Moving On (Rediscovering you after the end of your relationship)			
Relationship book 3	Meeting Someone New			

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Dental Anxiety				
Children	What are you passing on? - Helping your child visit the dentist 1st edition	Helping Your Child Visit the Dentist		Free copies of translated worksheet
Teenagers		Visiting the Dentist (for Teenagers) - This is a free course.		
Adults	Getting the dental care you need: Getting through an urgent dental appointment			
Faith Based Resources				
Faith Based Resources	I'm Not Supposed to Feel Like This - A Christian Self-Help Approach to Depression and Anxiety	Living Life to the Full (with God)	Living life to the full with God Class Teaching Resource	
Resources for Farmers				
Resources for Farmers		Living life to the full for farming communities. For adults		
Seasonal Affective Disorder				
Seasonal Affective Disorder		Living life to the full Adult Self Directed Online course with Free SAD modules - for people who experience a pattern of feeling worse in the darker winter months		
Overspending				
Overspending	Living beyond Your Means	Living Beyond Your Means? Managing 8 common causes of overspending		