

About LLTTF

Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life.

Life is a journey, sometimes its blue sky and sunshine, admiring the view from the peaks. Whereas sometimes it seems far harder, a struggle which feels constantly as if we're going uphill with storms, it can feel lonely and cold.

However you are feeling, Living Life to the Full aims to help provide useful information and resources that can act as tools to use on your own life journey.



What do the courses offer?

Each course offers free modules including worksheets to print off and use and linked books to read, plus course resources for carers and supporters.

Find out more at <https://lltf.com/>