

The BiteSized Book Series

- ✓ Delivering cost effective digital resources
- ✓ Engaging self-directed and continuous learning
- ✓ Supporting people through challenging and changing times



Is your workforce fit for the future and ready for anything?

“Liggy’s BiteSized books have been a lifeline to our colleagues as we transition to our new normal way of working”

Siân Evans, Simplyhealth



Quick rich learning for time-poor people

22 essential life skills

Light, fun and easy to absorb

Pragmatic, self-directed learning

Easily integrated into your LMS





Life skills are the abilities and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life

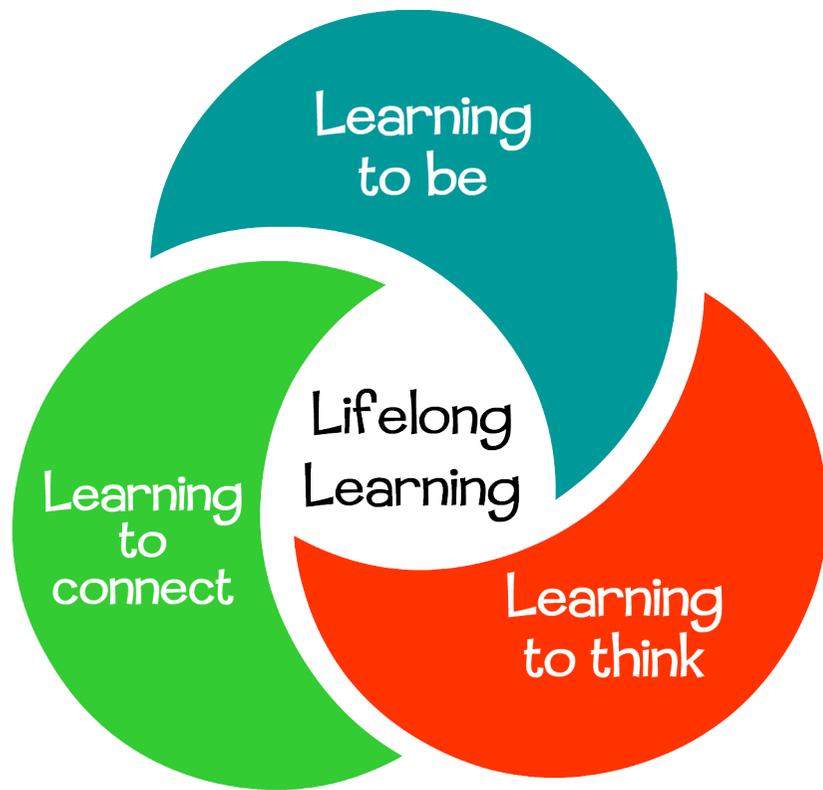
The World Health Organization



“They are very motivational mood-boosters. The mental health book has become very popular, that is why it has been added to the front page of our intranet.”

Milena Swieboda, Arriva Rail





About the series

This digital portfolio of BiteSized books has been written by award-winning and bestselling author, Liggy Webb.

The advice in the books is evidence-based and distilled to create accessible and simplified content that is straightforward to navigate and easy to apply.

The 22 topics form three collections, all of which inspire fresh thinking and encourage people to take positive action.

The books are designed to optimise personal performance and support continuous self directed learning.

Learning to be

The titles in this collection are all related to developing personal power. This involves a range of skills that support mental and physical health to boost energy, confidence and overall wellbeing.



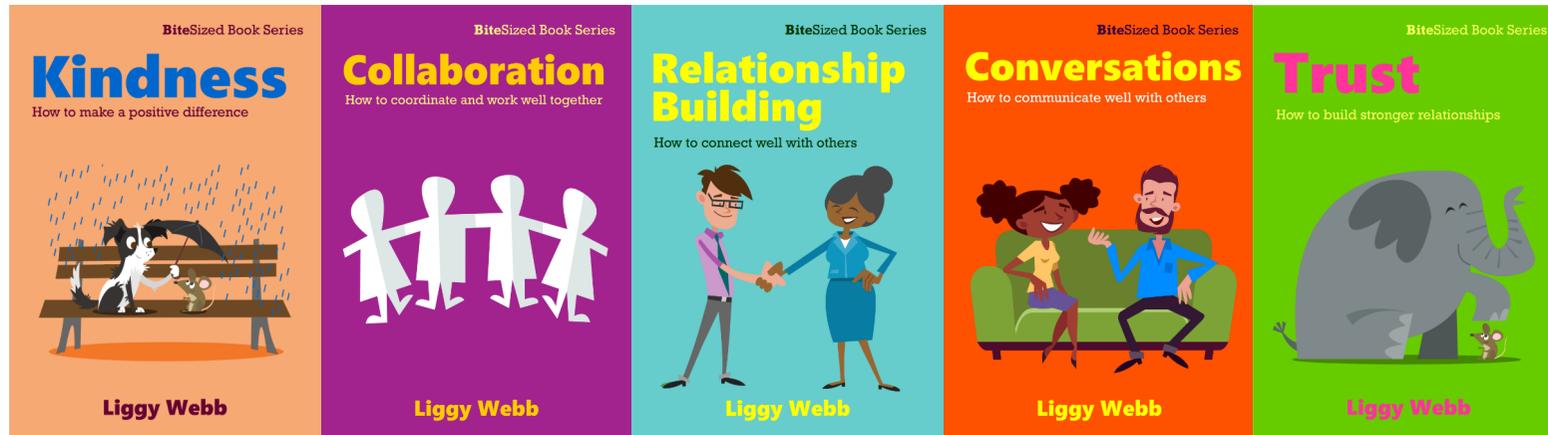
Learning to think

The titles in this collection are all related to developing cognitive power. This involves a range of thinking skills that support flexibility, problem solving and critical thinking.



Learning to connect

The titles in this collection are all related to developing interpersonal power. This involves a range of communication skills that support inclusivity, relationship building and collaboration.



“Liggy’s BiteSized books are user friendly and solution focussed which is perfect when you need some practical guidance in a busy world”

James Savva, House of Commons





Prefer printed books?

A selection of the titles are also available in printed format. These are great to share around your organisation and there are special offers for bulk orders.



About the author

Liggy Webb is an award-winning and bestselling author, presenter and international consultant specialising in life skills.

She is also the founding director and CEO of The Learning Architect, an international consortium of life skills specialists.

She is recognised as a thought leader on resilience and behavioural agility and works with a wide range of businesses helping people to be more resilient, agile and healthy in a volatile, uncertain and highly complex world.



“These books are a lesson to all in how to deliver simple, effective and life changing lifestyle messages in a time of increasing complexity and media confusion. A must read for those who want to lead a healthier and more productive life.”

Dr David Batman, DCB Consulting



All 22 titles can be licensed annually and hosted in-house. Special offers are available for the whole set or they can be purchased individually. A selection of titles are also available in printed format.

**For a quote or to find out more
please email
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Liggy Webb

www.liggywebb.com