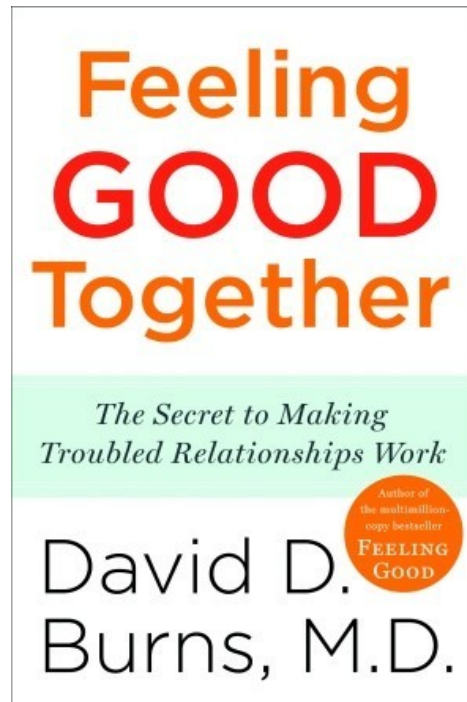


Acquista eBook Feeling Good Together: The Secret to Making Troubled Relationships Work

By David D. Burns



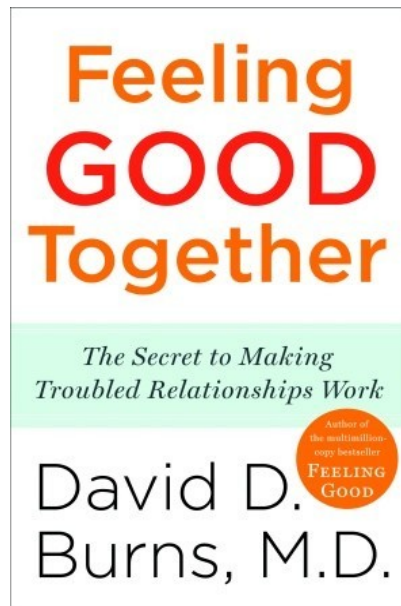
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Books Descriptions

Simple, Powerful Techniques that Make Relationships Work "Why won't my husband ever express his feelings?" "Why won't my wife listen?" "Why is my sister such a control freak?" "Why does my ex act like such a total jerk?" "What's wrong with people?" We all have someone we can't get along with—whether it's a friend or colleague who complains constantly, a relentlessly critical boss, an obnoxious neighbor, a teenager who pouts and slams doors (all the while insisting she's not upset), or maybe a loving, but irritating spouse. In his bestselling book, *Feeling Good*, Dr. David Burns introduced Cognitive Behavioral Therapy, a clinically proven, drug-free therapy that has revolutionized the treatment of clinical depression throughout the world. Now, in *Feeling Good Together*, he presents Cognitive Interpersonal Therapy, a radical new approach that will help you transform troubled, conflicted relationships into successful, happy ones. Dr. Burns' method for improving these relationships is easy and

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