

The Feeling Good Handbook

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✓ Verified Book of The Feeling Good Handbook

## Summary:

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Make life an exhilarating experience!

With his phenomenally successful Feeling Good: The New Mood Therapy, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. Now in this long-awaited sequel, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems. \* Free from fears, phobias, and panic attacks

- \* Overcome self-defeating attitudes
- \* Discover the five secrets of intimate communication
- \* Put an end to marital conflict
- \* Conquer procrastination and unleash your potential for success

With an up-to-date section on everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive-compulsive disorder, this remarkable guide can show you how to feel good about yourself and the people you care about. You will discover that life can be an exhilarating experience.

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