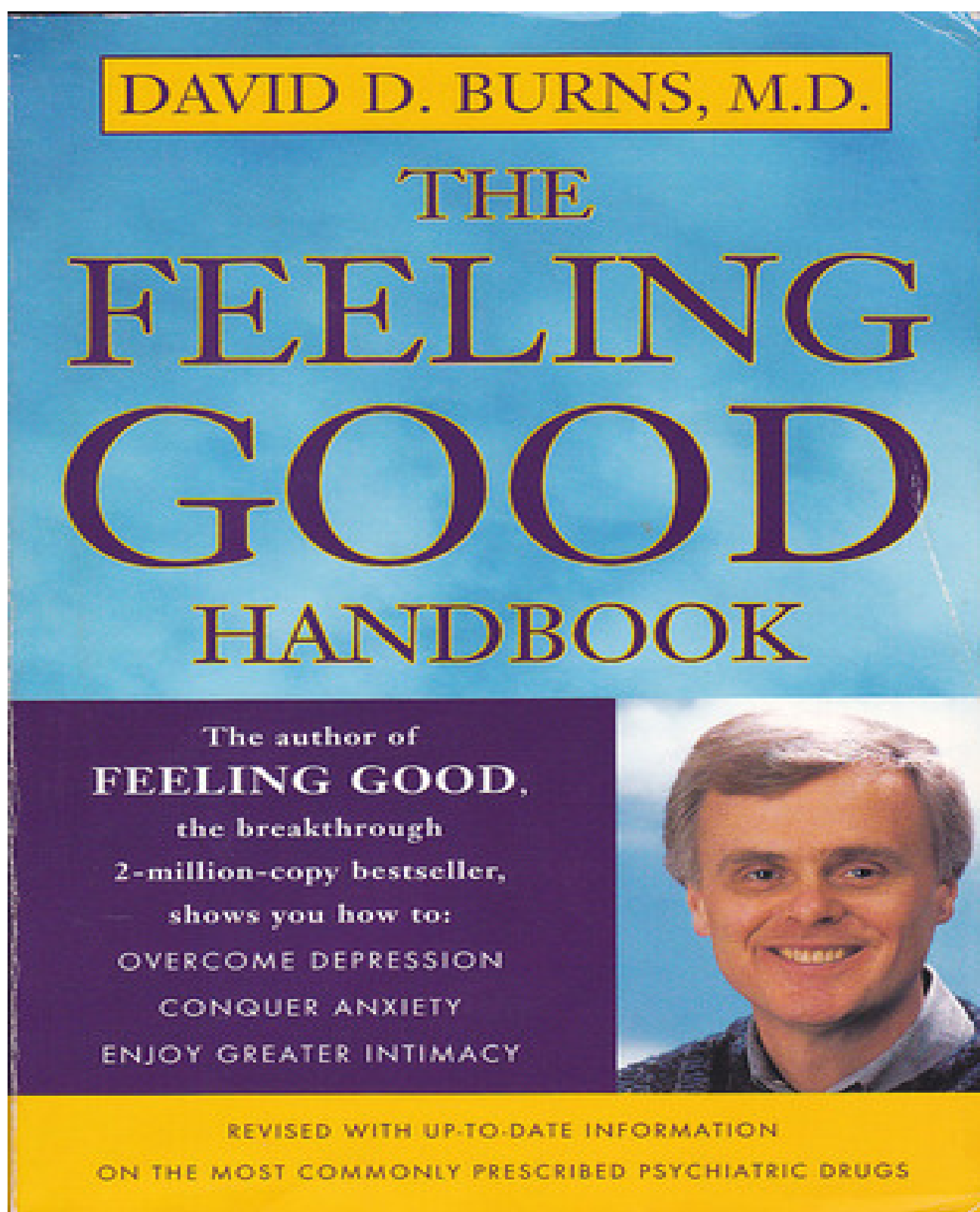
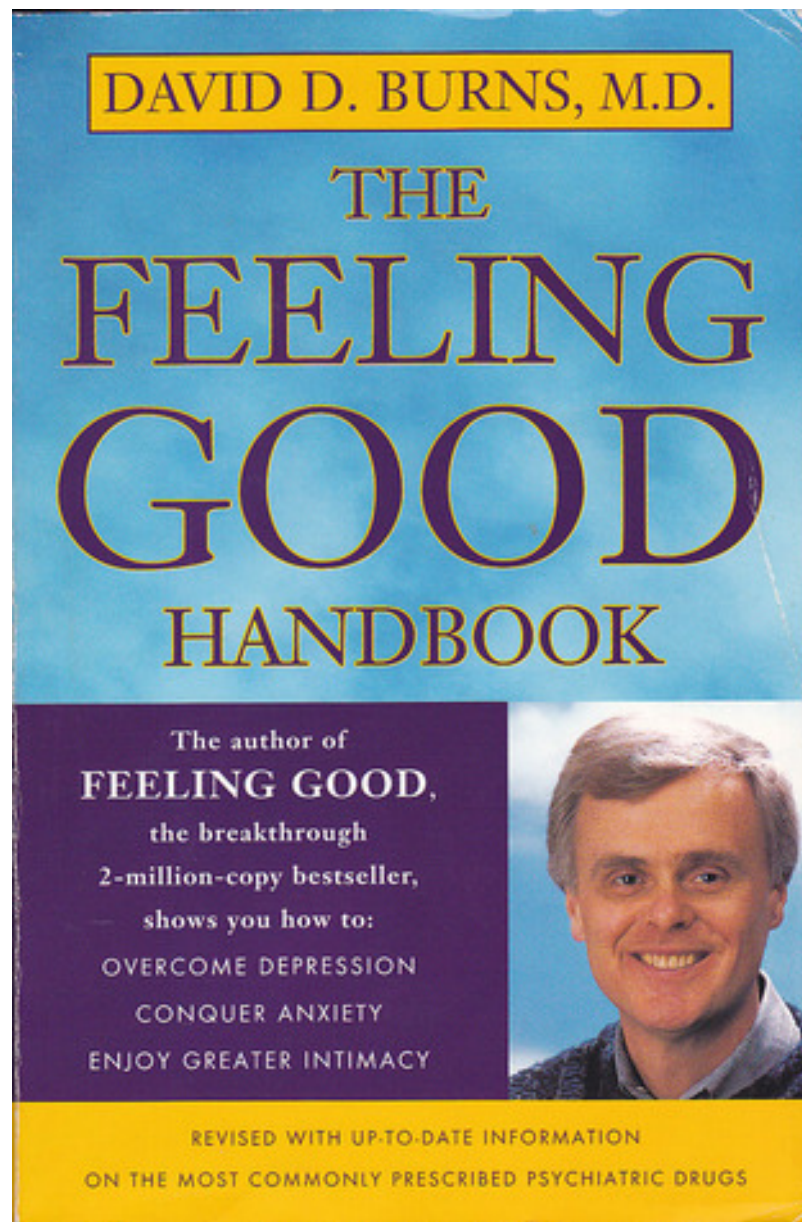


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**The Feeling Good Handbook
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Synopsis:=====

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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