



Feeling Good Together: The Secret to Making Troubled Relationships Work (Paperback)

By M.D. David D Burns

Random House USA Inc, United States, 2010. Paperback. Book Condition: New. Reprint. 202 x 132 mm. Language: English . Brand New Book. 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 surprisingly effective. In Feeling Good Together, you ll learn: How to stop pointing fingers at everyone else and start...



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