



# The Feeling Good Handbook

*David D. Burns*

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# The Feeling Good Handbook

David D. Burns

## **The Feeling Good Handbook** David D. Burns

This book helps you: free yourself from fears, phobias and panic attacks; overcome self-defeating attitudes; discover the five secrets of intimate communication; put an end to marital conflict; and, conquer your procrastination and unleash your potential for success. *In Feeling Good: The New Mood Therapy* Dr David Burns introduced a groundbreaking, drug-free treatment for depression that has helped millions of people around the world. Now, in this long-awaited sequel, he reveals powerful new techniques and provides practical exercises that will help you cope with problems and learn how to make life a happier, more exhilarating experience.

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