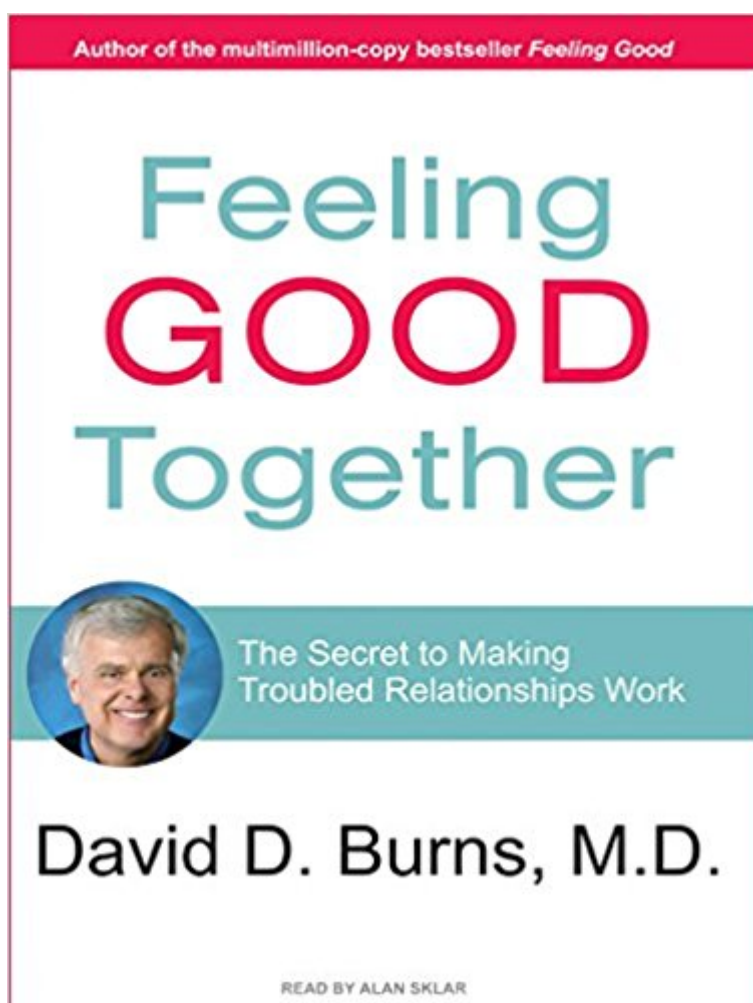




The book was found

Feeling Good Together: The Secret To Making Troubled Relationships Work



Synopsis

We all know people who are hard to get along with. It might be your spouse, mother, neighbor, friend, or colleague. In his new book *Feeling Good Together*, Dr. David D. Burns describes Cognitive Interpersonal Therapy (CIT), a radically different method for developing more loving and satisfying relationships with the people you care about. Based on twenty-five years of clinical experience and new, groundbreaking research involving more than 1,000 individuals, *Feeling Good Together* is filled with helpful examples and tools, such as the Relationship Satisfaction Test, the Blame Cost-Benefit Analysis, the Relationship Journal, Five Secrets of Effective Communication, the Intimacy Exercise, and more. Using these techniques, Dr. Burns shows you how to resolve virtually any kind of relationship conflict almost instantly.

Book Information

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Customer Reviews

Praise for *Feeling Good Together* from mental-health professionals: "This is the finest work of its kind and will stand for generations as the relationship book." --Matthew May, MD, adjunct clinical faculty, Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine "Feeling Good Together should be required reading for all couples who want to create a happy, healthy relationship." --Tori Kelley, PhD, LMHC, owner, Central Florida Mental Health, Inc. "Finally, a relationship repair tool kit without fluff or camouflage. Change is a choice for brave and daring souls. Thank you, Dr. Burns!" --Nancy Ellen Lee, MFT, PhD "Implementing these ideas has been truly life changing. It works!" --Mischa Routon, MFT "The relationship strategies in this book are simple but profound. This is Dr. Burns'™s most seminal work." --Jan Stanfield,

MFT/LCSWâ œA powerful set of tools (and even a tool kit) to evaluate, repair, or enhance our relationships. Feeling Good Together is destined to become a classic.â • --Hugh Baras, PhD, adjunct clinical assistant professor, Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine --This text refers to the Audible Audio Edition edition.

David D. Burns, M.D., is an adjunct clinical professor of psychiatry at the Stanford University School of Medicine and the author of the bestselling Feeling Good. Audie Award finalist Alan Sklar has narrated nearly two hundred audiobooks and has won several AudioFile Earphones Awards.

First, David Burns' newly developed TEAM CBT therapy (as practiced by therapist Annie Hanaway) cured my 30 year depression. With that as a foundation, this book then has provided immense understanding of how to heal my most important relationship. And that is just what I plan to do. Just wow.

Very interesting and powerful approach. Looking forward to applying it. Very quick read too, appreciated not having to wade through lots of fluff to get to the heart of it

burns excellent as ever who knew we either don't know how to get along or we don't want to more like we really don't want to isn't that interesting very insightful

This book is so amazing. I learned a ton about communicating more effectively with just about everyone in my life. More than worth the money!!

An amazing book everyone who has any relationships (family, marriage, work...) must read!!!

Dr. Burns offers keys to clear thinking and communicating which open doors of understanding in relationships. We can all have happy and vibrant marriages. If we don't want outside distractions... more, My Mother used to say: "Happiness is a choice!" That goes for love too! Mom was so right. Peace. -=Skip=-

Very easy reading.

Incredibly good advice. Recommended for anyone who wants a better relationship with someone

they love.

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