

[PDF] Feeling Good Together: The Secret To Making Troubled Relationships Work

David D. Burns M.D. - pdf download free book



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Description:

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 looking at yourself.

How to pinpoint the exact cause of the problem with any person you’re not getting along with.

How to solve virtually any kind of relationship conflict almost instantly.

Based on twenty-five years of clinical experience and groundbreaking research on more than 1,000 individuals, *Feeling Good Together* presents an entirely new theory of why we have so much trouble getting along with each other. The book is filled with helpful examples and brilliant, user-friendly tools such as the Relationship Satisfaction Test, the Relationship Journal, the Five Secrets of Effective Communication, the Intimacy Exercise, and more, so you can enjoy far more loving and satisfying relationships with the people you care about.

You deserve rewarding, intimate relationships. *Feeling Good Together* will show you how.

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