

# THE FEELING GOOD HANDBOOK

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The author of  
**FEELING GOOD**,  
the breakthrough  
2-million-copy bestseller,  
now shows you how to...

- Overcome depression
- Conquer anxiety
- Enjoy greater intimacy

David D. Burns

## The Feeling Good Handbook (Plume)



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Discusses how to overcome fears, phobias, and panic attacks, improve intimate conversation, cope with nervousness, and deal with many other everyday problems



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