



The Feeling Good Handbook (Plume)

By David D. Burns

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This therapy of Dr Burns is based on the premise that people create their own moods, and thus can learn to change the way they look and feel. He shows how to apply techniques and provides strategies for overcoming fears, phobias and panic attacks. He deals with hypochondria and various forms of social anxiety; improving intimate interpersonal communication; overcoming procrastination; coping with performance anxiety in public speaking, test-taking, and other activities.

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