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Intimate Connections (Paperback)

By David D Burns

Penguin Books Australia, Australia, 1987. Paperback. Condition: New. Language: English . Brand New Book. In this breakthrough book, Dr. David Burns, M.D., author of the bestselling Feeling Good, applies the proven principles of Cognitive Therapy to eliminating the negative thinking and low self-esteem that causes loneliness and shyness. With sensible and sensitive advice, case histories, and revealing exercises, this step-by-step program shows you how to: - Pinpoint and rid yourself of attitudes that keep you apart from others - Master the techniques that make you feel and look more attractive - Deal with people who give you the runaround - Resist romantic temptations not in your best interest - Release inhibitions to conquer performance anxiety and enhance sexual pleasure - Develop fulfilling relationships . . . and more Revelatory . . . Burns understands on a gut level. --The Chicago Tribune.



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