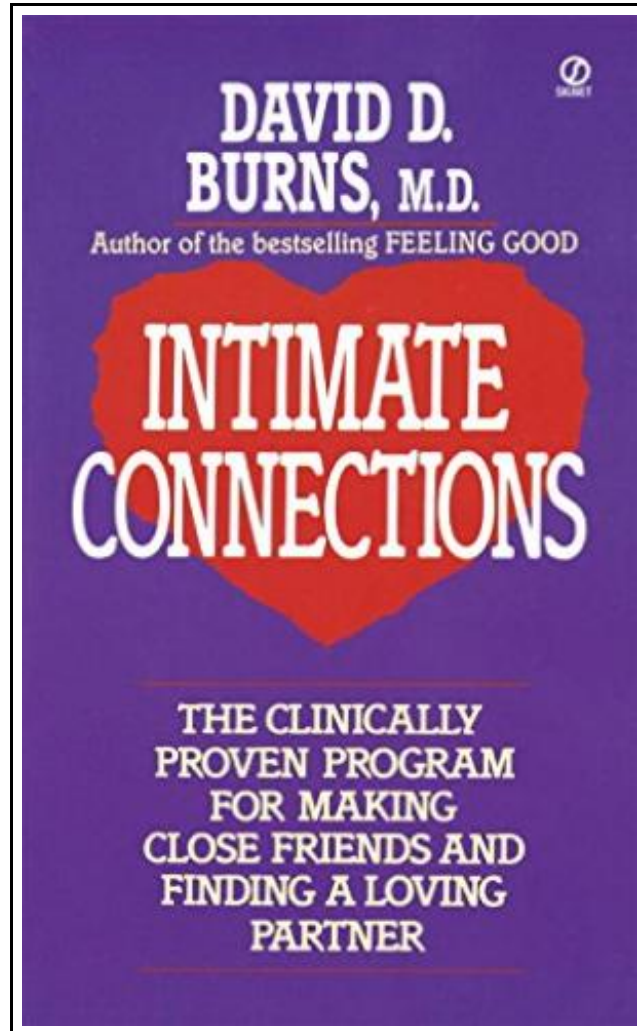


Intimate Connections (Paperback)



Filesize: 3.42 MB

Reviews

If you need to adding benefit, a must buy book. It really is writer in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.

(Letha Okuneva)

INTIMATE CONNECTIONS (PAPERBACK)



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.



[Read Intimate Connections \(Paperback\) Online](#)



[Download PDF Intimate Connections \(Paperback\)](#)

Relevant Kindle Books



Basketball Puzzles Book: Basketball Word Searches, Cryptograms, Alphabet Soups, Dittos, Piece By Piece Puzzles All You Want to Challenge to Keep Your Brain Young(Volume 3)

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

[Read PDF »](#)



Soccer Puzzles Book: Soccer Word Searches, Cryptograms, Alphabet Soups, Dittos, Piece By Piece Puzzles All You Want to Challenge to Keep Your Brain Young(Volume 2)

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

[Read PDF »](#)



Sports Puzzles Book: Sports Word Searches, Cryptograms, Alphabet Soups, Dittos, Piece By Piece Puzzles All You Want to Challenge to Keep Your Brain Young

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

[Read PDF »](#)



Horse Puzzles Book: Horse Word Searches, Cryptograms, Alphabet Soups, Dittos, Piece By Piece Puzzles All You Want to Challenge to Keep Your Brain Young

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

[Read PDF »](#)



Baseball Puzzles Book: Baseball Word Searches, Cryptograms, Alphabet Soups, Dittos, Piece By Piece Puzzles All You Want to Challenge to Keep Your Brain Young(Volume 2)

CreateSpace Independent Publis, 2018. Paperback. Condition: New. Brand New! This item is printed on demand.

[Read PDF »](#)