



TVtherapy: The Television Guide to Life (Cinematherapy)

Beverly West, Jason Bergund

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Finally, a home theater companion that understands what we've all known for years—our favorite TV shows are more than an escape, they're best friends and a form of therapy that can help us cope with everything from a bad hair day to a nuclear family meltdown.

Life getting boring in your cul-de-sac? Indulge in some Diva TV like *Desperate Housewives* and take a walk on the wild side of Wisteria Lane.

Need a place where everybody knows your name? Drop in for a little You've Got a Friend TV like *Cheers* and order some fun on the rocks without having to face the hangover in the morning.

White-knuckling the armchair of life? Let go with a little Anti-Anxiety TV like *In Living Color* and laugh at your fears.

Got a bad case of the codependent blues? Indulge in a little Codependent TV like *Nip/Tuck* and reassure yourself that things could definitely be worse!

So whether you're on the verge of your nineteenth nervous breakdown, looking for an excuse to throw a TV party, or searching for deeper meaning—**TVTHERAPY: The Television Guide to Life** will give you the guidance you need to find the right television prescription to match your mood, cure your malaise, or make your night without ever getting up off the couch.

PLUS: Recipes from Bev's TV tray, including food facials for staying as cool as a cucumber...Jason's Minibar, featuring drinks to wet your inner whistle...and timeless quotes from TV sages down through the ages who can teach us all a thing or two about life on and off the air.

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Debbie Bennett:

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Brenda Taylor:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent the whole day to reading a reserve. The book TVtherapy: The Television Guide to Life (Cinematherapy) it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book out of your smart phone. The price is not to fund but this book has high quality.

Emma Berkey:

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