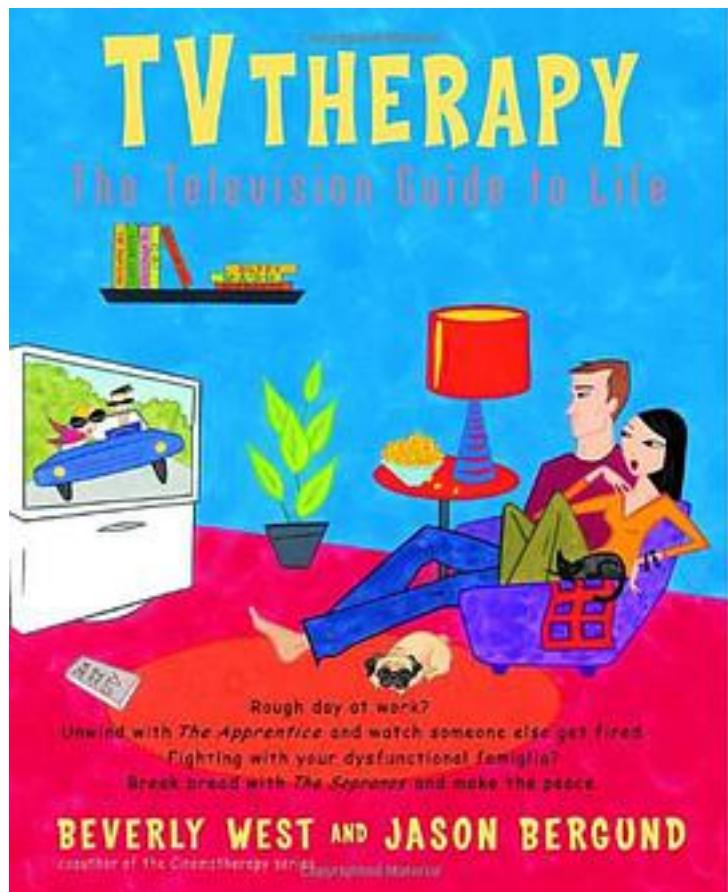


# TVtherapy



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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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