

## *Dr. Goldman's Book Reviews*

### **WHEN DO THE GOOD TIMES START?**

A Therapist Looks at Life's Ups and Downs  
(With a Bit of Help From Charlie Brown and his Friends)

By

**Abraham J. Twerski**

ST. Martin's Press, 1988

This is a terrific little, easy to read book. Are you unhappy? Have you been unhappy all your life? Have you always been waiting to just get through the current crisis so that the good times can begin? Wait no more!

Abraham Twerski, M.D. is a physician, psychiatrist, therapist, Orthodox rabbi and writer. For many years he directed a drug and alcohol rehabilitation clinic in Pennsylvania. He has written several books using the Charlie Brown, Peanuts cartoons of Charles Schultz as examples of behaviors, feelings and interactions that we all have experienced. Charlie is always waiting for things to get better. He lives in eternal hope that Lucy will not pull the football away as he is trying to kick it. Lucy will not change. If he wants happiness, Charlie will have to change.

For a more spiritual view on moving into the good times, read *The Power of Now* by Eckhart Tolle.

Robert P. Goldman, M.D.