



Cinematherapy: The Girl's Guide to Movies for Every Mood

Beverly West

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What can take the edge off a bad day at the office better than a movie where the boss gets his (9-5)? And, of course, that close-up of Antonio Banderas, wet and naked in a cage, is the best cure for the break-up blahs known to modern science (*Never Talk to Strangers*). Now, for the first time, *Cinematherapy* acknowledges what women have known for years, and provides a sage guide to the best movie medicine currently available for whatever ails you, whether it's a sudden hormonal shift, a bad-hair day, or a full-fledged identity crisis.

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