



Feeling Good: The New Mood Therapy

By David D. Burns

Harper, U.S.A., 2008. Soft cover. Condition: New. 170 x 106 mm. Language: English Brand New Book. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other black holes of depression can be cured without drugs. In Feeling Good, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer s Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression. - Recognize what causes your mood swings - Nip negative feelings in the bud - Deal with guilt - Handle hostility and criticism - Overcome addiction to love and approval - Build self-esteem - Feel good everyday. An attractive, clean, unmarked copy!.



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In FEELING GOOD, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an ALL-NEW CONSUMER'S GUIDE TO ANTIDEPRESSANT DRUGS as well as a new introduction to help answer your questions about the many options available today for treating depression. I tried two different therapists, both of whom wanted to talk about other people in my life - which was not helping me at all. I was at my wit's end, really scared that I was going to hurt myself if things didn't get better soon, when a friend recommended this book. Read Feeling Good by David D. Burns, M.D. with a free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android. Save for Later Save Feeling Good: The New Mood Therapy For Later. Create a List. Download to App. Share. Ratings: Rating: 4.5 out of 5 stars 4.5/5 (72 ratings). Length: 849 pages 12 hours. Feeling Good: The New Mood Therapy is a book written by David D. Burns, first published in 1980, that popularized cognitive behavioral therapy (CBT). Feeling Good grew out of dissatisfaction with conventional Freudian treatment of depression. Burns's mentor, Aaron T. Beck (considered the "father" of cognitive therapy; Albert Ellis is considered the "grandfather"), concluded that there was no empirical evidence for the success of Freudian psychoanalysis in treating depressed people. The idea that Feeling Good book. Read 1,085 reviews from the world's largest community for readers. The good news is that anxiety, guilt, pessimism, procrastination, I... Goodreads helps you keep track of books you want to read. Start by marking "Feeling Good: The New Mood Therapy" as Want to Read: Want to Read saving; Want to Read. Currently Reading. Read. Other editions. Enlarge cover. This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful new techniques to overcome depression and anxiety and develop greater joy and self-esteem. For therapists and the general public alike! Feeling Good Podcast | TEAM-CBT - The New Mood Therapy David Burns, MD. Mental Health. 4.7 536 Ratings. Listen on Apple Podcasts. This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful new techniques to overcome depression and anxiety and develop greater joy and self-esteem. For