



Feeling Good: The New Mood Therapy

By David D. Burns

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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 Antidepressant Drugs, as well as a new introduction to help answer your questions about the many options available for treating depression.

Recognise 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.



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Feeling Good: The New Mood Therapy By David D. Burns Bibliography

- Sales Rank: #12208 in Books
- Brand: William Morrow Paperbacks
- Published on: 1999-04-06
- Released on: 1999-04-06
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x 1.18" w x 5.25" l, 1.23 pounds
- Binding: Paperback
- 706 pages

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Editorial Review

Review

"A BOOK TO READ AND RE-READ!" -- Los Angeles Times

"A book to read and re-read!" -- "Los Angeles Times" "I would personally evaluate David Burns' "Feeling Good" as one of the most significant books to come out of the last third of the Twentieth Century." -- Dr. David F. Maas, Professor of English, Ambassador University

From the Back Cover

FEELING GOOD FEELS WONDERFUL

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:

- 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
- Beat "do-nothingism"
- Avoid the painful downward spiral of depression
- Build self-esteem
- Feel good every day

BEGIN NOW, TO EXPERIENCE THE JOY OF FEELING GOOD

About the Author

David D. Burns, M.D., a clinical psychiatrist, conveys his ideas with warmth, compassion, understanding, and humor unmatched by any other writer in the self-help field. His bestselling *Feeling Good: The New Mood Therapy* has sold more than three million copies to date. In a recent national survey of mental health professionals, *Feeling Good* was rated number one—from a list of more than one thousand—as the most frequently recommended self-help book on depression. His **Feeling Good Handbook** was rated number two in the same survey.

Dr. Burns's entertaining teaching style has made him a popular lecturer for general audiences and mental health professionals throughout the country as well as a frequent guest on national radio and television programs. He has received numerous awards including the Distinguished Contribution to Psychology Through the Media Award from the Association of Applied and Preventive Psychology. A magna cum laude and Phi Beta Kappa graduate of Amherst College, Dr. Burns received his medical degree from the Stanford University School of Medicine. He is currently clinical associate professor of psychiatry at the Stanford University School of Medicine and is certified by the National Board of Psychiatry and Neurology.

Users Review

From reader reviews:

Roy Brown:

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Geraldine Matson:

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Staci Eager:

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