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This is a great book. I don't think there has been any self-help book that has helped me as much as this one. The explanations are very clear and the sequence of self-help activities (cognitive behavior therapy) is very easy to understand.

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Feeling Good The New Mood Therapy by David D Burns

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

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

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Book Summary Feeling Good by David D Burns

This is a book summary of Feeling Good by Dr. David D. Burns. Read this Feeling Good summary to review key takeaways and lessons from the book.

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The Feeling Good Handbook by David D Burns Paperback

The companion, The Feeling Good Handbook, was rated number two. Dr. Burns is a popular lecturer and guest on national radio and television. He is currently clinical associate professor of psychiatry at Stanford University of Medicine and is certified by the National Board of Psychiatry and Neurology.

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The feel good book

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Feeling good about this book Achieving more Paul Claireaux

Feeling Good? Okay, well, if you've explored this question of happiness and feeling good before, you'll know that there's a lot written about it.

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This text discusses how to overcome fears, phobias, and panic attacks; improve intimate communication, and cope with anxiety disorders, and includes information about commonly prescribed psychiatric drugs.

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Feeling Good The New Mood Therapy David D Burns M D

I purchased this book by suggestion of my therapist. I suffer generalized anxiety disorder that can get quite severe at times and I wanted to try whatever I could to lessen the anxiety and I have read good reviews about this book.

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Feeling Good The New Mood Therapy Wikipedia

Feeling Good grew out of dissatisfaction with conventional Freudian treatment of depression. Burns's mentor, Dr. Aaron T. Beck (considered the "father" of cognitive therapy; Dr. Albert Ellis is considered the "grandfather"), concluded that there was no empirical evidence for the success of Freudian psychoanalysis in treating depressed people.

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Feeling Good The New Mood Therapy Book Review

Feeling Good and Cognitive Therapy For those who wish to learn more about this approach to therapy, we recommend a very informative book called Feeling Good: The New Mood Therapy by David D. Burns, MD.

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