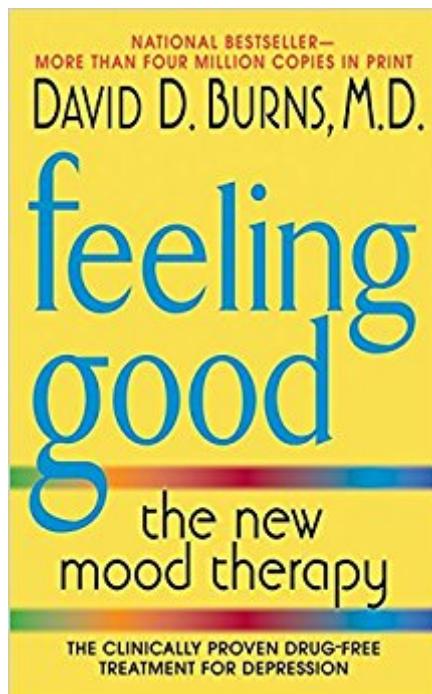


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# Feeling Good: The New Mood Therapy



## **Synopsis**

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. - 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

## **Book Information**

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## **Customer Reviews**

"A BOOK TO READ AND RE-READ!" -- Los Angeles Times "A book to read and re-read!" -- Los Angeles Times"

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 today 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 every day

Let me start by saying I have been an customer for twenty years and I have \*never\* reviewed anything before. But I consider this book to important for me to keep my mouth shut. It was a life-changer for me. Don't know why some reviewers are saying it is not helpful for people with severe depression - maybe some people with severe depression need a different approach, but let me speak for the rest of us. I was having suicidal thoughts, and on the highest doses of meds available. I was also in therapy. I tried two different therapists, both of whom wanted to talk about other people in my life - my parents, my husband, etc. - 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. You have to do the exercises - yes, they seem silly, but if they work, who the heck cares? Get a nice little notebook and a pen that you enjoy writing with. I made mine a sort of journal that I doodled in and added little inspirational quotes here and there. And yes, it is deceptively simple. Again, who cares? If standing on my head and whistling "Dixie" would have made me feel this much better, I'd be doing that, too. I started reading the book a month ago. I do not do all the excercises, but I did try all of them. I do what works for me. It's also true that there is the usual filler crap that you get in self-help books "Janet is a 40-year old dental assistant who came to me in 2005 suffering from..." blah, blah, blah. Just skip it. My depression is so much better that I am shocked. I am no longer thinking about suicide, and I am actually able to picture a future that is not completely empty and black. A future!!!!!! I have not had a future in years! I can't express what that means to me, but if you have depression, I don't have to. Try the book. If it doesn't work, I hope you will try something else, and keep on trying. You are not alone, and you deserve to be happy.

Once you start reading this book, you will start to feel better. If you suffer with depression, this book is better than any prescription I have tried. It deals with the here and now, and teaches you how to understand your own negative contribution to your depression, and it gives you several tools with which you can assess where you are at, how you talk to yourself, how you interpret others, and how to regain control over that narrative. Best book that I have ever read. It made a difference just reading, but much more so by using the knowledge and tools that Dr. Burns provides in the book. I bought copies for friends and family who have also had learned how to feel better and even feel good. I would give it 6 stars if I could

The cover states that this book is about 'Clinically Proven Drug-Free Treatment' and then proceeds to take almost 1/3 of the book talking about using drugs to treat depression and anxiety. I realize anti-depressants help some people, but I specifically bought this book as an alternative to that route. The rest of the book seems like your basic stuff so maybe that will offer some help. Page 122 is supposed to have something about habits, but the word doesn't even show up. Getting rid of bad habits are an important part of 'feeling good'. Not too promising of a start.

really helpful. very well explained.first chapters (comparaison in numbers between therapies) got a bit boring but once in the subject (cognitive therapy) it's so interesting and crystal clear!don't get overwhelmed by all the possible exercises, read all the book, and come back to it with what you think can work with you :)i feel already better thanks to the method of challenging my negative thoughts !

Classic book. Read this and you will be glad that you did. I refer to it frequently.I read it over as I need to/

Not as helpful as the workbook. Still helps, but doing the exercises is really the antidepressant crux of Cognitive Behavioral Therapy.

Great book has help me tremendously with my anxiety and how to deal with it. Have also read his book "When panic attacks". Also a great book. Try the things in this book before meds because I believe if you do you won't need the med and for me it was a wonderful thing because all the meds I was put on made me ill. Have gone all herbal.

One of the best books on the topic. Really good tools and techniques. Honestly has considerably made me a more aware individual even though I read it not because I had any depression, just interested in the topic.

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