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DAVID D. BURNS, M.D.

feeling good

the new
mood therapy

THE CLINICALLY PROVEN DRUG-FREE
TREATMENT FOR DEPRESSION

David D. Burns

Feeling Good: The New Mood Therapy



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The good thing is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression could be cured without drugs. In *Sense Great*, eminent psychiatrist, David D.s Instruction To Anti-depressant Drugs in addition to a new introduction to help answer your questions about the many possibilities for treating depressive disorder., outlines the extraordinary, scientifically proven techniques that will instantly lift your spirits and help you develop a positive outlook on life.D. Burns provides an All-New Consumer? Now, in this updated edition, Dr. Burns, M. - Recognise what can cause your disposition swings - Nip negative feelings in the bud - Deal with guilt - Deal with hostility and criticism - Overcome dependence on love and approval - Build self-esteem - Feel great everyday



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Ignore the negative review articles - it's worth a couple of bucks to gauge for yourself. Let me start by saying I have been an Amazon consumer for twenty years and I have *never* reviewed anything before. But I think about this book too important for me to maintain my mouth shut. It was a life-changer for me. Have no idea why some reviewers say it is not ideal for people with severe depression - maybe some individuals with severe depression want a different strategy, but I want to speak for ordinary people. I was having suicidal thoughts, and on the best doses of meds available. I was also in therapy. I tried two different therapists, both of whom wanted to talk about other folks in my life - my parents, my husband, etc. - which was not helping me at all. This is university examined and created Cognitive Behavior Therapy made available to anyone, its success has been documented in over 40,000 sufferers in double-blind peer-reviewed studies. Personally I think that's super essential in helping cope with mental and emotional complications! Again, who cares? Just Buy it, It functions. I made mine a sort of journal that I doodled in and added little inspirational quotes here and there..! I do what works for me. I really do not do all of the exercises, but I did try all of them. It's also accurate that there is the most common filler crap that you will get in self-help books "Janet is a 40-yr old dental assistant who found me in 2005 experiencing.. If sitting on my head and whistling "Dixie" could have made me experience this much better, I'd be doing that, as well." blah, blah, blah. Just skip it. My major depression is so much better that I am shocked. This book should be required reading in schools in the United States. We all have an inner tone of voice (the Buddhists call it "monkey mind") that creates thoughts inside our brain! Get yourself a nice little notebook and a pen that you love writing with. I started reading the book a month ago. We was a pessimist for years. But you use the hand you had been dealt, am I right? It helps solidify concepts and organize your thoughts. I can't express what which means to me, but if you have depressive disorder, I don't have to. I agree with that suggestion. If it generally does not work, I hope you will try another thing, and keep on trying. If you experience depression, this reserve is better than any prescription I've tried. I am no more thinking about suicide, and I am actually in a position to picture a future that is not completely empty and black. The ideas in this book are so simple, yet so powerful. A future! If I'm becoming honest, that's how I think and what it really means! In understanding that our thoughts create how we feel, we can drastically enhance the quality of our lives. It handles the here and today, and teaches you how to understand your own harmful contribution to your depression, and it offers you several tools with which you can assess what your location is at, how you talk to yourself, how you interpret others, and how to regain control over that narrative. For instance, say you lose your job. Many people would after that catastrophize and think negative thoughts about how awful it was, how we're going to be homeless and go broke and we get depressed. Rather than thinking like that, we ought to believe realistically about how exactly it's tough that people lost our careers, but we'll eventually find a different one and that people will overcome the existing crisis! I discovered there were many times the writer explained something that made me say 'Yeah, that's me! By thinking even more realistically and speaking back to our bad thoughts, we are able to live notably happier lives. And yes, it really is deceptively simple. It will cause you to feel better. Once you start reading this book, you will begin to feel better. You aren't alone, and you deserve to end up being happy. This book implies that it's not what happens to us in life, it's what we think about it. For anxiety, There is that books on mindfulness meditation to become quite helpful. It made a notable difference simply reading, but much more so utilizing the knowledge and equipment that Dr. For unhappiness, stuff that emphasizes CBT is effective. I purchased copies for family and friends who've also had learned how to

experience better and even feel good.I'd give it 6 stars if I could On meds for depression or anxiety, read this reserve and change your daily life. I was fortunate to learn that the writer was trained at my alma-mater, and it gave me the original faith to read this book and carry out the work inside. I was at my wit's end, actually scared that I would hurt myself if things didn't get better soon, whenever a friend suggested this publication.On top of meds and therapy, I've amassed quite a collection of self-help books, some better than others. For 15 years I WAS anti-depressants and anti-anxiety medications, after reading this publication, and doing the Cognitive Behavior Therapy exercises, I was able to wean myself off meds totally. One of my favorite books in this genre Unfortunately, I've experienced to grapple with panic and depression the majority of my life.! It changed my life. I try to be proactive in dealing with my business; You have to do the exercises - yes, they appear silly, but if indeed they work, who the heck cares?Best book that I've ever read. Burns provides in the book.That's why I love this reserve. It's written well, even though some bits seem a little bit dated (an example in the publication of something that might irritate you is definitely by using your last dime at a payphone and the decision drops and you do not get your money back. Little things such as that pop up occasionally in the publication, but don't detract from the important things).I use some of the exercises in this book with a therapist which is helpful. There are exercises where in fact the writer asks you to create out things instead of mentally reviewing factors. Try the book. I've not had another in years!The book is written well, and in a conversational way. Negative thinking becomes a habit and changes mind chemistry. These thoughts then make us feel a particular way.'Hopefully you'll like it. Perform the exercises, end up being honest in the exercises, and if you visit a therapist try functioning through these things with them. My therapist understood who this author was immediately and was familiar with his work.It's one of the few books such as this that We own that I return back and review periodically.



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