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PREFACE BY AARON T. BECK, M.D.

THE  
NATIONWIDE  
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# FEELING GOOD

THE  
NEW MOOD  
THERAPY

THE CLINICALLY PROVEN  
DRUG-FREE TREATMENT FOR  
DEPRESSION, FROM THE  
UNIVERSITY OF PENNSYLVANIA  
SCHOOL OF MEDICINE

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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 can be cured without drugs. - Acknowledge what causes your mood swings - Nip negative emotions in the bud - Deal with guilt - Handle hostility and criticism - Overcome dependence on love and authorization - Build self-esteem - Feel great everyday! Burns, M., outlines the impressive, scientifically proven techniques that will instantly lift your spirits and assist you to develop a positive outlook on life. D. In Feeling Good, eminent psychiatrist, David D.



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Ignore the negative reviews - it's worth a couple of bucks to judge for yourself Let me begin by saying I have been an Amazon client for two decades and I've \*never\* reviewed anything before. But I think about this book to very important to me to maintain my mouth shut. I found there were many times the author explained something that made me say 'Yeah, that's me! Don't know why some reviewers are saying it is not helpful for people who have severe depression - probably some individuals with severe depression want a different approach, but let me speak for ordinary people. A future! I trust that recommendation. I attempted two different therapists, both of whom wanted to talk about other folks in my lifestyle - my parents, my husband, etc. - which was not helping me at all. It's written well, although some bits appear a bit dated (a good example in the book of something that might irritate you is usually by using your last dime at a payphone and the call drops and you do not get your cash back. Get yourself a nice little laptop and a pen that you love writing with. You need to do the exercises - yes, they appear silly, but if they work, who the heck cares? It'll make you experience better. And yes, it really is deceptively simple. great book I often talk about this book with close friends. If sitting on my mind and whistling "Dixie" could have made me feel anywhere near this much better, I'd become doing that, too. I started reading the publication a month ago. We all have an inner voice (the Buddhists contact it "monkey brain") that creates thoughts in our brain. I really do what functions for me. may be the thoughts..." blah, blah, blah. I had been very good at meditation, so when I got to page 42 and saw the table with the bad mental cognition, I just systematically stopped every one of them. My depressive disorder is so far better that I am shocked. ie: next page after 70 was 104. I was having suicidal thoughts, and on the best doses of meds obtainable..!!!!. It helps solidify principles and organize your ideas. I can't express what which means to me, but when you have unhappiness, I need not. Try the book. The only section of the loop you really can interact with . I believe your book was printed incorrectly, or assembled incorrectly or something.' Hopefully you'll enjoy it. That's why I love this book. I really do not do all the excercises, but I did try all of them. Quality Another awesome book Not happy with part of my order When I received the book, Feeling Good, there were web pages missing in the reserve. Doesn't cope with trauma at all but can connect with some of the bad self-talk that regularly accompanies trauma. It's an excellent resource to have and easy to read! For instance, say you lose your task. However, I am no all-or-nothing sort of person and I received't disqualify the countless positives of this very helpful book. Instead of considering like that, we should think realistically about how exactly it's tough that people lost our jobs, but we'll ultimately find another one and that we will overcome the existing crisis. I was a pessimist for a long time.... I made mine sort of journal that I doodled in and added little inspirational quotes here and there. Once you start reading this book, you will begin to feel better. In the event that you experience depression, this book is better than any prescription I have tried. while going through a changeover as a trans-female, in the span of per month. Best reserve that I've ever read. It made a difference just reading, but much more so utilizing the knowledge and equipment that Dr. Burns provides in the book. I bought copies for family and friends who have also had discovered how to feel better and even feel great. I would give it 6 celebrities if I could On meds for depression or anxiety, read this reserve and change your daily life. We was fortunate to discover that the writer was trained at my alma-mater, and it gave me the initial faith to read this book and carry out the task inside.. It transformed my life. I try to be proactive in working with my business; One of the best books in this genre Unfortunately, I've had to grapple with panic and depression the majority of my life. I have second-path in Theravada Buddhism, so I just watched the mind regurgitating bad thoughts, and systematically weeded them all out, in real-time. On

top of meds and therapy, I've amassed quite a assortment of self-help books, some much better than others. For 15 years I WAS anti-depressants and anti-anxiety medications, after reading this publication, and performing the Cognitive Behavior Therapy exercises, I was able to wean myself off meds totally. I feel that's super essential in helping cope with mental and psychological problems. For anxiety, I've found that books on mindfulness meditation to be quite helpful. For depression, stuff that emphasizes CBT works well. The ideas in this book are so basic, yet so powerful. I was at my wit's end, actually scared that I was going to hurt myself if stuff didn't progress soon, whenever a friend suggested this book. Little things such as that pop up occasionally in the publication, but don't detract from the considerations). I didn't go through any more, I didn't complete the publication. There are exercises where in fact the author asks you to create out things instead of mentally reviewing things. I was also in therapy. I've not had another in years! The book is written well, and in a conversational way. It had been a life-changer for me personally. a lot. This book should be required reading in schools in the USA. Works better still with meditation practice. My therapist understood who this writer was right away and was familiar with his function. It's mostly of the books such as this that we own that I return back and review periodically. Good read! This book includes a large amount of good practical advice about how exactly to treat yourself. In realizing that our thoughts make how we feel, we can drastically improve the quality of our lives.. You might like it. I sensed good already. Cured my lifelong depressive disorder. Do the exercises, become honest in the exercises, and if you see a therapist try functioning through these things with them. We went from a 72/100 on the Burns Unhappiness Checklist to an 11/100 !. It handles the here and today, and teaches you how exactly to understand your own unfavorable contribution to your depression, and it gives you several tools with which you are able to assess what your location is at, how you talk to yourself, how you interpret others, and how to regain control more than that narrative. Useful book with concrete advice. Many criticisms of the book center about the tone of the writer's voice, that could sound condescending sometimes. Simply skip it. I use some of the exercises in this publication with a therapist which is effective. I didn't do any of the exercises. But you work with the hand you had been dealt, am I correct? Considering the fact that it had been written in the 1980s, he most likely wrote this publication in a manner not politically appropriate by today's criteria. Enlightenment is about not really judging the thoughts, but my thoughts made me sad ..! If I'm becoming honest, that's how I believe and what it really means! The publication I got from my regional library, has all of the webpages that I referenced lacking above. Dr. Burns is similar to, "thoughts cause emotions, emotions cause depression, depression causes thoughts", it's a shut loop. If it generally does not work, I hope you will try something else, and continue trying. By thinking more realistically and speaking back to our adverse thoughts, we can live much happier lives. Unfavorable thinking turns into a habit and changes brain chemistry. It's also true that there surely is the usual filler crap that you will get in self-help books "Janet is a 40-12 months old dental associate who found me in 2005 suffering from. You can't negate a sense. You can test and ignore it, however the body doesn't ignore emotions, you feel tired, slow, lethargic. You can't out-think depressive disorder, it's a swamp. Nevertheless, you can re-compose cognitions. So an extremely stressful time. Getting enlightened didn't help my major depression. Many people would after that catastrophize and think negative thoughts about how awful it had been, how we're going to be homeless and go broke and then we get depressed. Another common criticism is normally that the author seems to discount external traumatic events and imply all our suffering is certainly in our head. That is not true. Even though he shows that a patient is able to resolve her anger with her spouse who got an affair through the use of

empathy and placing herself in his shoes and boots, he is not saying we have to make excuse for the spouse. He merely suggests that we try to substitute our distorted beliefs about ourselves in response to these painful events with an increase of useful and helpful thoughts, and observe if we could learn to affirm our self well worth, so that we might feel better and live our lives just how we want to, not really dictated by those hurtful occasions. These thoughts then make you feel a certain way... Didn't get much out of it Another preachment on feeling good... This is university examined and developed Cognitive Behavior Therapy distributed around anyone, it's success offers been documented in over 40,000 patients in double-blind peer-reviewed research.. I am no longer considering suicide, and I am actually in a position to picture a potential that is not completely empty and dark. Just Purchase it, It works.....page 81 listed in the index isn't in the book. Enlightenment is about letting thoughts pass, trying not to inhabit them, etc. You are not only, and you deserve to become happy. I'm not absolutely all pleased with this book. My order of CO Q 10 was fine. Really useful book! This book is old, but has great techniques in it for working with clients with anxiety and depression. I've used the techniques and my customers have made improvement in therapy. This book shows that it's not what happens to us in life, it's what we think about it. Again, who cares?



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