

**David D.
Burns, MD**

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The Feeling Good Handbook



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From the author of the national bestseller " David Burns introduced a groundbreaking, drug-free treatment for unhappiness.the best in its class. • Free yourself from fears, phobias, and panic attacks.End marital conflict. Overcome self-defeating attitudes. • —••— You will discover that life can be an exhilarating knowledge."With all you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as for example agoraphobia and obsessive-compulsive disorder, this impressive guide can demonstrate how to feel great about yourself and the people you care about.Conquer procrastination and unleash your prospect of success. With his phenomenally successful Feeling Good: The New Mood Therapy, Dr. " In this bestselling companion, he reveals effective new techniques and provides step-by-step exercises that help you cope with the entire range of everyday complications.Feeling Good: The New Mood Therapy comes helpful information to mental wellness that helps you get beyond depression symptoms and anxiety and help to make life an exhilarating experience!•M. Anthony Bates, Clinical Psychologist, Presbyterian INFIRMARY, Philadelphia "Crystal clear, systematic, forceful.An excellent achievement—Discover the five secrets of intimate communication.Albert Ellis, PhD, President, Albert Ellis Institute



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