

With a New Introduction by the Author

TEN DAYS TO SELF-ESTEEM

IN 10 EXCITING STEPS YOU WILL LEARN HOW TO

DEFEAT DEPRESSION

DEVELOP SELF-ESTEEM

DISCOVER THE SECRETS OF JOY IN DAILY LIVING

David D. Burns, M.D.

Author of *Feeling Good: The New Mood Therapy*,
the breakthrough 3-million-copy bestseller

David D Burns M.D.

Ten Days to Self-Esteem



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Do you awaken dreading your day? Do you are feeling discouraged with what you've accomplished in life? The techniques are based on common sense and are simple enough to apply. Studies show that two thirds of depressed visitors of Dr. All you have to is your own common sense and the easy-to-follow methods revealed in this book by among the country's foremost authorities on feeling and personal relationship complications. re in a slump. David Burns presents innovative, clear, and compassionate methods that will assist you identify the causes of your mood slumps and develop a more positive outlook on life. Can a self-help book do all this? This basic but revolutionary idea can transform your life! You can transform how you feel: You'll discover why you get depressed and understand how to brighten your outlook when you' In Ten Times to Self-esteem, Dr. Burns' without drugs or lengthy therapy. You will learn that You feel how you think: Negative feelings like guilt, anger, and depression do not derive from the bad stuff that eventually you, but from how you think about these events. If thus, you will reap the benefits of this revolutionary way of brightening your moods without medicines or lengthy therapy. You can enjoy greater happiness, productivity, and intimacy—s vintage bestseller, Feeling Good: The New Disposition Therapy, experienced dramatic relief in only a month without psychotherapy or antidepressant medications. You borrowed from it to yourself to feel good! Research implies that they really work! Would you like greater self-esteem, productivity, and joy in everyday living? Ten Days to Self-esteem offers a robust new tool that provides hope and curing in ten easy steps. Feeling good feels wonderful. Three-year follow-up research revealed that readers didn't relapse but continued to take pleasure from their positive outlook.



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Life changing I got this publication from a girl We was in a awful romantic relationship with, we were both really struggling inside our lives and that compounded majorly whenever we brought those struggles collectively. Growing up I experienced a whole lot of self-esteem concerns, I often believed negatively of myself, typically experienced distorted considering patterns in 9 out of ten situations and I was really depressed due to that. After 2-3 weeks, I have started feeling much better, and not seeing myself as a complete failure. I hardly ever believed the book would work but it did. I have created all in this reserve and will keep this one permanently in my library for a reference or if I need some encouragement. It'll open your eye. I started paying more attention to what I wear and started wearing clothes/jewelry I bought years ago rather than felt like being quite enough to actually put them on! The diagrams and charts are scanned in at very low resolution therefore when you make an effort to zoom in they degrade before you read what they state. If you wish to use this book, know that it really is a workbook, designed to be written in. It doesn't translate to ebook format at all. Obtain the physical copy just! Completely useless. The paper copy of the book though, is fantastic. A must for self care Good but not god Go through it but dont rule the bible out. Great book definitely helps with low self-esteem I have been struggling with low self-esteem for more than 15 years. I always knew I had problems and I will not feel the way I felt but I thought it would disappear completely eventually. Well, it hardly ever did.. During my first program, the counselor suggested this book, therefore i ordered it for app. But the view of my life and myself have changed, and I've only completed 6 actions from the 10 in the book. I've read the evaluations before ordering and someone said that no matter what you read within the evaluations, depressed people and folks with low-personal esteem do start to see the word negatively, and will say that book does not work. That review made me order it. Five Stars It was a gift Very helpful! I am a very rationale person, easily can put a name on something and see logics behind it, I cannot argue with it. As various other reviewers have stated, you MUST write in the book, and DO THE WORK in the book in order to get something from it. Operating through this book helped me to identify my distorted thinking patterns and habits and helped myself learn to reverse all those patterns, really what it did could it be provided me with the tools I have now that help me never to take offense at stuff others say, helped me learn to view life objectively, helped me avoid jumping to conclusions in interactions. No matter how many people told me I looked beautiful before, I by no means felt like this. When I finally offered in, that the writer was best, and did the work, I FINALLY started to see. \$15. Shouldn't be an ebook! I don't feel like folks are staring me because I am the ugliest person in the room, and I began to feel that my job is actually useful and others can really advantage from what I really do. Yes, I still do counseling but that's only one hour in a week, so more often than not I need to work on my issues without any help. The book is excellent since it made me recognize all the elements of my adverse thinking. 15 bucks? This book gave me the life that I've always wanted, because I know how to get through life rationally now, it's really helped me to feel empowered. Very difficult work, but worthwhile My therapist recommended that We get this book. What can you loose in the event that you order this reserve besides a couple of dollars? I still possess bad days nonetheless it is less and less, and there are a lot more good days. Nothing at all, but you can in fact experience better about yourself and prevent feeling miserable within your own skin. Therefore, don't hesitate, just buy it. Good for make use of for CBT and DBT Psychotherapy homework assignments I'm a private practice counselor and frequently, I find that the assessments in the book not merely provide a good indication of how well each of my customers are doing from session to program, but each chapter also provides hands on homework for customers to collect to complete, reflect upon, and bring for processing outcomes in next periods. I find this therapeutic Help when used properly , can be an indication of client motivation, evaluation of their treatment progress, and the lessons are relatively straightforward at the weekly lessons present universally useful information in ways that's easy for most people, counselors and customers alike, to apply to their very own lives and for them as well understand. I still don't understand why and how it worked but I really do feel significantly much better than I did in years. I LOVE carrying out work that improves my life, but this is the hardest work I've done up to now, yet the most rewarding. I spend a lot more than that venturing out on a Saturday evening. Didn't just like the answer essential for subjective queries, it didn't make sdnse. If you struggle with keeping peace in your relationships, being easily offended, or if you believe that everyone hates you (that i can assure you isn't true) then I'd recommend purchasing this reserve and functioning through it. Some web pages took me hours to complete, because I was in denial

that "my way" of seeing things was wrong. No matter what I achieved in my life professionally, I by no means felt it was plenty of or I did well. It's like a veil provides been lifted off my eye. If you aren't going to do the work, the hard work involved, do not buy the book because you will believe it's not good and present it a bad rating when in my opinion that might be undeserved. Oh and in my opinion there is no way to complete this in ten days. For me personally it has taken weeks and I'm still employed in it. Great read! Buy it instead!. Therefore, I finally offered in and - after a little encouragement from a friend- I started counseling. Very useful. Five Stars Excellent book Five Stars Awesome Three Stars Purchased for someone else What can I loose? Great book, adored it. It was so hard for me personally to initially recognize my distorted thinking patterns, but now I can recognize and label them very quickly and I definitely operate in them much significantly less than before. The best useful practical book I've ever bought in my life.



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