



# Feeling Good: The New Mood Therapy

*David D. Burns*

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## **Feeling Good: The New Mood Therapy** David D. Burns

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

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