

[PDF] Feeling Good: The New Mood Therapy

David D. Burns - pdf download free book



Books Details:

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Description:

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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