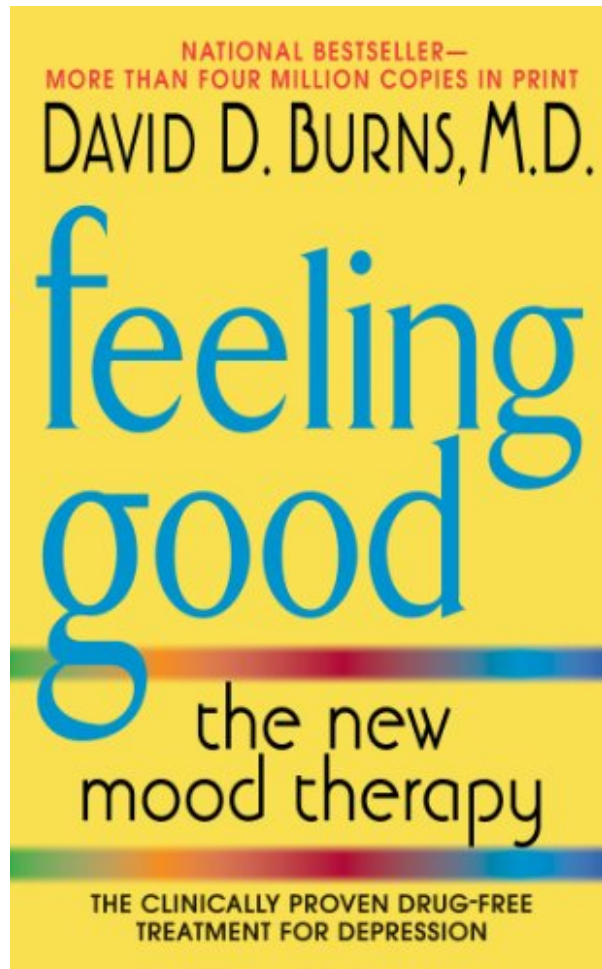


**FEELING GOOD: THE NEW MOOD  
THERAPY BY DAVID D. BURNS M.D.**



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THE CLINICALLY PROVEN DRUG-FREE  
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"A book to read and re-read!" -- "Los Angeles Times ""I would personally evaluate David Burns' "Feeling Good as one of the most significant books to come out of the last third of the Twentieth Century."-- Dr. David F. Maas, Professor of English, Ambassador University

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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:

- Recognize what causes your mood swings
- Nip negative feelings in the bud
- Deal with guilt
- Handle hostility and criticism
- Overcome addiction to love and approval
- Beat "do-nothingism"
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- Build self-esteem
- Feel good every day

**BEGIN NOW, TO EXPERIENCE THE JOY OF FEELING GOOD**

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David D. Burns, M.D., a clinical psychiatrist, conveys his ideas with warmth, compassion, understanding,

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Find the key to improve the lifestyle by reading this **Feeling Good: The New Mood Therapy By David D. Burns M.D.** This is a type of book that you need now. Besides, it can be your preferred book to read after having this book Feeling Good: The New Mood Therapy By David D. Burns M.D. Do you ask why? Well, Feeling Good: The New Mood Therapy By David D. Burns M.D. is a book that has different unique with others. You could not need to recognize which the author is, exactly how widely known the job is. As wise word, never evaluate the words from which speaks, yet make the words as your inexpensive to your life.

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Now, in this updated edition, Dr Burns adds an all-new Consumer's Guide To Antidepressant 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.

Some text and images that appeared in the print edition of this book are unavailable in the electronic edition due to rights reasons.

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#### Most helpful customer reviews

310 of 326 people found the following review helpful.

Think Good - Feel Good

By Henry

The title of my review is actually a summary of how this book plans to make you feel better.

The book is authored by a someone who has had a lot of experience using cognitive therapy techniques to try and improve people's depression. Cognitive therapy's premise is that your thinking (messages that you are giving yourself all day long) directly influences your moods and how you feel. Therefore, if you are thinking negatively, you're going to feel that way. Likewise, if you think positive and optimistically, well, you're going to feel good!

And that's what the book is about- getting you to get rid of negative thoughts and replacing them with good ones. Does it work? Well, the book has been around since 1980, and there's actually been some good solid research that has actually taken the book, given it to depressed patients.....and they've improved!

With its easy writing style and research-backed techniques, *Feeling Good: The New Mood Therapy* is definitely worth the read- just know you've got over 500+ pages ahead of you. If this seems too daunting, or this approach doesn't appeal to you, try something like *Exercise Beats Depression* - which has been shown to be just as effective as cognitive therapy or drugs in controlled trials. Good luck!

634 of 685 people found the following review helpful.

Review a year after reading *Feeling Good*

By S. zelei

It's now been a little over a year since I read this book. That seems like a good time to review it; better than in the first couple of weeks, when I had a tremendous boost of happiness and feeling at peace with myself and the world. (I felt as if I had just been at a 10 year Buddhist retreat!). And better than in the months after, when I was disappointed and discouraged that the initial empowerment had worn off and I was still indeed depressed, anxious and insecure much of the time.

To be clear: I absolutely don't believe there will ever be a book in this world that can "cure" long standing depression or anxiety. No matter what any studies show (though incidentally, the ones on this book are pretty encouraging.) Those wonderful newly gained insights and skills don't have the power to obliterate what the brain has had decades to learn and get good at. That's continuous work.

(To those who find the CBT attitude towards "dwelling" on childhood trauma too dismissive for their situation, I recommend the book "*Reinventing Your Life*", which is based on Schema Therapy.)

So where did *Feeling Good* fit in for me?

One thing I'm deeply grateful for is the tools it's given me to cope with each thing that drags me down - specifically, the 3 column writing exercise. More often than not, I just don't do it when I'm upset. I'll feel too discouraged to have faith in the process, or I'd rather distract myself with tv and self soothing than "deal". But when I do it, it's never once failed to make me feel a lot more balanced, a lot more in control, a lot less overwhelmed. It's as if as soon as I start working on my counter-points, I begin to step outside of the ring of fire of my own ruminations. Slowly but surely, my sense of humor and my perspective - the first traits depression banishes - return to me.

But the other, even more important side of this book is the core values and attitudes it presents as alternatives to the outlook we have on life when we're chronically unhappy: judgemental, or fearful, or self loathing, or self righteous, or all of the above.

Dr. Burns' writing style can sometimes feel (like every other successful self-help author, I suspect) too simplistic, or flippant, or self assured, or plain cheerful for the reader to recognize the pretty deep ideas it taps in to. I don't think anyone who was raised with other values will easily accept them - and the point isn't to uncritically swallow what the good doctor says, anyway. (At least my book is full of belligerent notes in the margins - "great, you just defined the meaning of life once and for all" and " exactly why is every example of paranoia a needy irrational girlfriend?!"). But it's been tremendously valuable to me to reflect and elaborate on ideas such as:

- The idea of a person's "worth" or "value" is a false mental construct, and thus your worth cannot fluctuate with how you perform or what others think of you.
- Self-obliterating notions of guilt and shame often stand in the way of taking true responsibility for your mistakes.
- Perfection is an abstraction as well. It quite literally does not exist anywhere in the real world - so the judgement of something as "flawed" will always be somewhat arbitrary.
- Furthermore, how close we perceive something to be to perfection has little to do with how much we enjoy



or take from it. (Example: I can find at least thirty passages in this book I disagree with or dislike. Does that make it a bad book? Should Dr. Burns feel bad about his work, based on my opinion of it?)

And not least:

- It's not all about me.

I hope you'll take as much as I did from this book. Feel better!

793 of 889 people found the following review helpful.

Best of the Self-Help Books

By A Customer

I have been dealing with anxiety and depression for many years and have read just about every type of book imaginable. The only reason I'm writing this review is that I found this book to be the best overall work I have ever read in the realm of self-help psychology.

One of the greatest parts about the book is that Dr. Burns' model of cognitive behavioral therapy is very thorough, yet it is easy to understand and incorporate into one's daily living. He recommends cognitive behavioral therapy as the first line defense in dealing with mood disorders. However, the beauty of the book lies in the fact that Dr. Burns does not simply dismiss psychotropic medications. He clearly states that medications in addition to his therapeutic techniques are wholly appropriate for many people. In fact, in this updated edition he goes into detail about the different classes and types of drug options available on the market today. This approach is refreshing for someone who is benefitting from the use of medication and wanting to incorporate cognitive behavioral therapy into their recovery without having to read a book which outright dismisses the role of medication in treatment.

Also of special significance is his list of 10 'Cognitive Distortions'. Here, he lays out a plan for recognizing faulty thinking, how these thoughts affect our moods, and how to correct these distortions.

In summation, Dr. Burns' book is a practical encapsulation of the ideas and theories of some of the great pioneers in the field of mental health such as Drs. Abraham Low, Albert Ellis, and Aaron Beck.

If you made it this far to decide whether or not to buy this book, read some of the other reviews then put it in your cart.

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