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book was published in multiple languages including English, consists of 736 pages and is available in Mass Market Paperback format.

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

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and others), and less stressed out. It can also teach you how to better manage your motivations and habits so that you are more self-disciplined, more productive, and less lazy.

## **Amazon.com: Customer reviews: Feeling Good: The New Mood ...**

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 From nationally recognized psychiatrist Dr. David D. Burns, comes the clinically proven

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– David D. Burns, quote from Feeling Good: The New Mood Therapy “One of the most important tasks of any therapist is to help

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depressed patients find the courage and determination to resist and fight these hopeless feelings. This battle is often fierce and rarely easy, but nearly always rewarding in the long run.”

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Feeling Good: The New Mood Therapy is a book written by David D. Burns. It was published in 1980. This book made cognitive behavioral therapy (CBT) popular. Origins of the book. Feeling Good was written as the author was unhappy of normal depression treatments. Burns's mentor ...

## **Feeling Good: The New Mood Therapy - Simple English ...**

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David D. Burns (born September 19, 1942) is an adjunct professor emeritus in the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine and the author of the best-selling books *Feeling Good: The New Mood Therapy* and *The Feeling Good Handbook*.

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