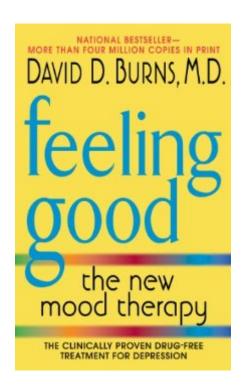
The book was found

Feeling Good: The New Mood Therapy





Synopsis

The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other â black holesâ 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 Consumerâ 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.

Book Information

File Size: 29470 KB

Print Length: 736 pages

Publisher: Harper; Reprint edition (November 20, 2012)

Publication Date: November 20, 2012

Sold by:Â Digital Services LLC

Language: English

ISBN-10: 0380810336

ISBN-13: 978-0380810338

ASIN: B009UW5X4C

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #5,750 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Depression #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mood Disorders #4 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies

Customer Reviews

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.

Let me start by saying I have been an customer for twenty years and I have *never* reviewed anything before. But I consider this book to important for me to keep my mouth shut. It was a life-changer for me. Don't know why some reviewers are saying it is not helpful for people with severe depression - maybe some people with severe depression need a different approach, but let me speak for the rest of us. I was having suicidal thoughts, and on the highest doses of meds available. I was also in therapy. I tried two different therapists, both of whom wanted to talk about other people in my life - my parents, my husband, etc. - which was not helping me at all. I was at my wit's end, really scared that I was going to hurt myself if things didn't get better soon, when a friend recommended this book. You have to do the exercises - yes, they seem silly, but if they work, who the heck cares? Get a nice little notebook and a pen that you enjoy writing with. I made mine a sort of journal that I doodled in and added little inspirational quotes here and there. And yes, it is deceptively simple. Again, who cares? If standing on my head and whistling "Dixie" would have made me feel this much better, I'd be doing that, too. I started reading the book a month ago. I do not do all the excercises, but I did try all of them. I do what works for me. It's also true that there is

the usual filler crap that you get in self-help books "Janet is a 40-year old dental assistant who came to me in 2005 suffering from..." blah, blah, blah. Just skip it. My depression is so much better that I am shocked. I am no longer thinking about suicide, and I am actually able to picture a future that is not completely empty and black. A future!!!!!! I have not had a future in years!

Download to continue reading...

Feeling Good: The New Mood Therapy Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Speech Therapy for Kids: Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Feeling Happy, Feeling Safe Good Mood Food: Simple Healthy Homecooking Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! What's So Yummy?: All About Eating Well and Feeling Good The Feeling Good Handbook The Gentleman's Guide to Life: What Every Guy Should Know About Living Large, Loving Well, Feeling Strong, and Looking Good Pleasurable Kingdom: Animals and the Nature of Feeling Good (MacSci) Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits (Suction Cup Therapy) Chinese Cupping | Bekam | Hijama | Ventosa) The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Lossof Libido, Mood Changes, Osteoporosis, and Related Conditions The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood It's Not All in Your Head: "Anxiety, Depresson, Mood Swings, and MS Mind Over Mood: Change How You Feel by Changing the Way You Think

<u>Dmca</u>