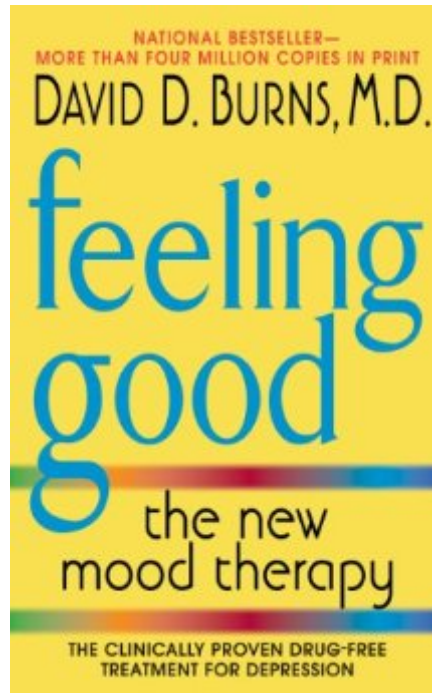


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# Feeling Good: The New Mood Therapy



## Synopsis

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 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

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## 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!

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