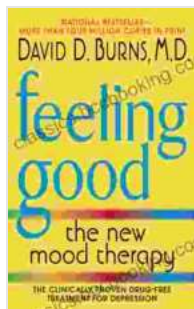


Feeling Good: The Revolutionary New Treatment for Depression and Anxiety



Feeling Good: The New Mood Therapy by David D. Burns

★★★★☆ 4.5 out of 5

Language	: English
File size	: 46240 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 528 pages
X-Ray for textbooks	: Enabled



Feeling Good: The Revolutionary New Treatment for Depression and Anxiety is a groundbreaking book that offers a new way to understand and treat these debilitating conditions. Written by Dr. David D. Burns, a leading psychiatrist and researcher, Feeling Good has helped millions of people overcome depression and anxiety by teaching them how to change their negative thought patterns.

Dr. Burns's approach is based on the principle that our thoughts, feelings, and behavior are all interconnected, and that by changing our thoughts, we can change our feelings and behavior. This approach is known as cognitive therapy, and it has been shown to be effective in treating a wide range of mental health conditions, including depression, anxiety, and eating disFree Downloads.

In *Feeling Good*, Dr. Burns provides a step-by-step guide to cognitive therapy, teaching you how to:

- Identify your negative thoughts
- Challenge your negative thoughts
- Develop more positive thoughts
- Change your behavior

Feeling Good is a powerful book that can help you overcome depression and anxiety and live a happier, more fulfilling life.

What Others Are Saying About Feeling Good

"*Feeling Good* is a revolutionary new treatment for depression and anxiety. It's the most effective book on the market, and I highly recommend it to anyone who is struggling with these conditions."

- David D. Burns, MD, author of *Feeling Good*

"*Feeling Good* is a lifesaver. It helped me overcome a lifelong battle with depression and anxiety. I highly recommend this book to anyone who is struggling with these conditions."

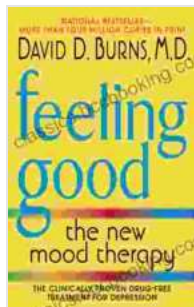
- Sarah, a reader

"*Feeling Good* is a game-changer. It helped me understand my depression and anxiety, and it gave me the tools I needed to overcome these conditions. I am so grateful for this book."

- John, a reader

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