

# Feeling Good The New Mood Therapy David D Burns

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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 Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options ...

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you are more self-disciplined, more productive, and less lazy.

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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 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.”

## **29+ quotes from Feeling Good: The New Mood Therapy by ...**

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Feeling Good: The New Mood

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

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

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