

The New Mood Therapy David Burns

David Burns

The Feeling Good Handbook David D. Burns, 1999-05-01 From the author of the national bestseller *Feeling Good: The New Mood Therapy* comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience! With his phenomenally successful *Feeling Good: The New Mood Therapy*, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. In this bestselling companion, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems. • Free yourself from fears, phobias, and panic attacks. • Overcome self-defeating attitudes. • Discover the five secrets of intimate communication. • Put an end to marital conflict. • Conquer procrastination and unleash your potential for success. With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders, such as agoraphobia and obsessive-compulsive disorder, this remarkable guide can show you how to feel good about yourself and the people you care about. You will discover that life can be an exhilarating experience. “A wonderful achievement—the best in its class.”—M. Anthony Bates, clinical psychologist at Penn Presbyterian Medical Center in Philadelphia “Clear, systematic, forceful.”—Albert Ellis, PhD, president of the Albert Ellis Institute

Feeling Good David D. Burns, 1999-04-06 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.

Summary Daniel Lak, 2017-09-14 *Feeling Good* is written by Dr. David D. Burns, one of the major developers of the highly effective treatment called Cognitive Therapy. He is well-versed in both drug therapy and psychotherapy, and he shares his valuable knowledge in an easy-to-understand manner. You can do most of the techniques on your own. If you feel that you need additional help (Dr. Burns gives some criteria of those who will benefit from professional services), get help as soon as you can. Read more....

Feeling Good David D. Burns, 1981 Explains how each individual can learn to control their moods through controlling the thought processes and changing the patterns of how things are perceived.

Summary: David D. Burns's Feeling Good: The New Mood Therapy (Discussion Prompts) Sarah Fields, 2019-03-07 David Burns's book *Feeling Good: The New Mood Therapy* has sold over three million copies. This national bestseller is about a clinically-proven drug-free treatment to battle depression. Burn says that the good news is that low self-esteem, anxiety, pessimism, guilt, procrastination, and other black holes of depression can actually be cured without drugs. In the book, psychiatrist and bestselling author Dr. David D. Burns outlines the significant scientifically proven techniques that can immediately lift up the spirits of his readers. This book can also help his readers develop a positive outlook in life. Dr. Burns also included an All-New Consumer's Guide To Anti-depressant Drugs. Along with these, Burns has written an introduction that helps his readers answer their questions regarding the many options that are available for treating depression. In this comprehensive look into *Feeling Good: The New Mood Therapy* by David D. Burns, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *Feeling Good: The New Mood Therapy* by David D. Burns not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

SUMMARY Edition Shortcut (author), 1901

Feeling Great David Burns, 2020 Do you sometimes feel [€]. Down, depressed, or unhappy? Anxious, panicky, or insecure? Guilty or ashamed? Inferior, inadequate, or worthless? Lonely, unwanted, or alone? For decades, we've been told that negative feelings like depression and anxiety are the result of what's wrong with us, like a personality defect, a mental disorder, or a chemical imbalance in your brain. These messages create feelings of shame and make it sound like we're broken and need to be fixed. Now, Dr. David Burns, author of the best-selling and highly acclaimed *Feeling Good: The New Mood Therapy* reveals that our negative moods do not result from what's wrong with us, but rather [€] what's right with us. And when you listen and suddenly hear what your negative thoughts and feelings are trying to tell you, suddenly you won't need them anymore, and recovery will be just a stone's throw away. In this innovative book, *Feeling Great*, Dr. Burns, describes a new and revolutionary high-speed treatment for depression and anxiety based on 40 years of research and more than 40,000 hours treating individuals with severe mood problems. The goal is not just a rapid and complete elimination of negative feelings, but the development of feelings of joy and enlightenment. Dr. Burns will provide you with inspiring and mind-blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness

and self-esteem. You can change the way you feel! You owe it to yourself to FEEL GREAT!

Summary David D. Burns' Feeling Good Ant Hive Media,2016-10-06 This is a Summary of David D. Burns' Feeling Good: The New Mood Therapy 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, MD outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Recognize 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 Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 706 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

Ten Days to Self-Esteem David D. Burns,2024-04-16 Do you wake up dreading the day? Do you feel discouraged with what you've accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems. In Ten Days to Self-esteem, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that You feel the way you think: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life! You can change the way you feel: You will discover why you get depressed and learn how to brighten your outlook when you're in a slump. You can enjoy greater happiness, productivity, and intimacy—without drugs or lengthy therapy. Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns's classic bestseller, Feeling Good: The New Mood Therapy, experienced dramatic relief in just four weeks without psychotherapy or antidepressant medications. Three-year follow-up studies revealed that readers did not relapse but continued to enjoy their positive outlook. Ten Days to Self-esteem offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on common sense and are not difficult to apply. Research shows that they really work! Feeling good feels wonderful. You owe it to yourself to feel good!

The Feeling Good Handbook David D. Burns,2020-12-29 From the author of the national bestseller Feeling Good: The New Mood Therapy comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience! With his phenomenally successful Feeling Good: The New Mood Therapy, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. In this bestselling companion, he reveals powerful new

techniques and provides step-by-step exercises that help you cope with the full range of everyday problems. * Free yourself from fears, phobias, and panic attacks. * Overcome self-defeating attitudes. * Discover the five secrets of intimate communication. * Put an end to marital conflict. * Conquer procrastination and unleash your potential for success. With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders, such as agoraphobia and obsessive-compulsive disorder, this remarkable guide can show you how to feel good about yourself and the people you care about. You will discover that life can be an exhilarating experience. A wonderful achievement--the best in its class.--M. Anthony Bates, clinical psychologist at Penn Presbyterian Medical Center in Philadelphia Clear, systematic, forceful.--Albert Ellis, PhD, president of the Albert Ellis Institute

Feeling Great David D Burns MD,2024-09-17 Do you sometimes feel . . . Down, depressed, or unhappy? Anxious, panicky, or insecure? Guilty, inadequate, or worthless? Lonely, unwanted, or alone? For decades, we've been told that negative feelings like depression and anxiety are the result of what's wrong with us, which creates feelings of shame and makes it sound like we're broken and need to be fixed. But what if we have it all backwards? What if our negative moods do not result from what's wrong with us but, rather, what's right with us? This is the revolutionary mind shift you will find in Feeling Great. Written by Dr. David Burns, a pioneer of cognitive therapy and author of the national bestseller Feeling Good: The New Mood Therapy, this book describes a groundbreaking high-speed treatment for depression and anxiety based on one simple notion: Our struggles actually reflect what is most beautiful about us. And when we can see our negative thoughts and feelings from this radically different perspective, recovery becomes possible--sometimes even in the blink of an eye! Based on Dr. Burns's 40+ years of research and more than 40,000 hours treating individuals with severe mood issues, Feeling Great is filled with inspiring real-life case studies and more than 50 actionable tools to crush the negative thoughts that rob you of happiness and self-esteem. You can change the way you feel. In fact, you owe it to yourself to feel GREAT!

Intimate Connections David D. Burns,1985

Summary of Feeling Good Fastreads,2016-10-28 PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. David D. Burns' national bestseller, Feeling Good: The New Mood Therapy will open your eyes to the behaviors that are causing your depression as well as offer practical, simple ways to change the way your mind processes negative emotions. This FastReads Summary offers supplementary material to Feeling Good: The New Mood Therapy to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, FastReads Summary is here to help. Absorb everything you need to know in under 20 minutes! What does this FastReads Summary Include? Executive Summary of the original book Detailed chapter-by-chapter synopses Key Takeaways from each chapter Exposition & Analysis Original Book Summary Overview Dr. Burns' groundbreaking book is

based around the theory of cognitive therapy. It will teach you that anxiety, guilt, pessimism, procrastination, low self-esteem, and other black holes of depression can be cured without drugs. He identified self-esteem as the root of many mental and emotional issues and concentrates on changing thoughts and thought processes in order to positively affect your emotional state. In addition to providing tricks to coping with the stress of daily life, he also provides a comprehensive overview of the different medications being prescribed for depression today. **BEFORE YOU BUY:** The purpose of this FastReads Summary is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *Feeling Good*.

Feeling Good Together David D. Burns, M.D., 2010-01-26 Based on twenty-five years of clinical experience and groundbreaking research on more than 1,000 individuals, *Feeling Good Together* presents an entirely new theory of why we have so much trouble getting along with each other, and provides simple, powerful techniques to make relationships work. We all have someone we can't get along with—whether it's a friend or colleague who complains constantly; a relentlessly critical boss; an obnoxious neighbor; a teenager who pouts and slams doors, all the while insisting she's not upset; or a loving, but irritating spouse. In *Feeling Good Together*, Dr. David Burns presents Cognitive Interpersonal Therapy, a radical new approach that will help you transform troubled, conflicted relationships into successful, happy ones. Dr. Burns' method for improving these relationships is easy and surprisingly effective. In *Feeling Good Together*, you'll learn how to: - Stop pointing fingers at everyone else and start looking at yourself. - Pinpoint the exact cause of the problem with any person you're not getting along with. - And solve virtually any kind of relationship conflict almost instantly. Filled with helpful examples and brilliant, user-friendly tools such as the Relationship Satisfaction Test, the Relationship Journal, the Five Secrets of Effective Communication, the Intimacy Exercise, and more, *Feeling Good Together* will help you enjoy far more loving and satisfying relationships with the people you care about. You deserve rewarding, intimate relationships. *Feeling Good Together* will show you how.

Obsessive-Compulsive Disorder For Dummies Charles H. Elliott, Laura L. Smith, 2008-10-27 Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms. *Obsessive Compulsive Disorder For Dummies* sorts out the otherwise curious and confusing world of obsessive compulsive disorder. Engaging and comprehensive, it explains the causes of OCD and describes the rainbow of OCD symptoms. The book shows readers whether OCD symptoms represent normal and trivial concerns (for example, a neat freak) or something that should be checked out by a mental health professional (for example, needing to wash hands so often that they become raw and red). In easy to understand steps, the authors lay out the latest treatments that have been proven to work for this disorder, and provide practical and real tools for living well long-

term. Whether you or someone you care about has this disorder, Obsessive Compulsive Disorder For Dummies gives you an empathic understanding of this fascinating yet treatable mental disorder.

Ten Days to Self-Esteem David D. Burns, M.D.,1993-10-29 Ten Days to Self-esteem The Leader's Manual To date, Dr. David Burns's classic Feeling Good: The New Mood Therapy has sold more than two and a half million copies. Many people are unaware of the real secret of this book's phenomenal success. Published studies have shown that two thirds of the depressed people who have read Dr. Burns's Feeling Good recovered on their own in just four weeks without any professional treatment at all! Even more astonishing is the fact that 77% of these readers maintained their positive outlook for at least two years after reading Feeling Good. That's why Feeling Good has become a perennial best-seller -- because this book provides hope, compassion, and actual healing for people suffering from depression. Now Dr. Burns offers a powerful new tool with the creation of his Ten Days to Self-esteem: The Leader's Manual. This book, along with the accompanying participant's workbook (Ten Days to Self-esteem), will show you how to develop exciting short-term groups -- based on the principles in Feeling Good -- that will help people from all walks of life overcome depression and develop greater self-esteem and greater joy in daily living. Extensive pilot testing of this program reveals that the groups are suitable for high-functioning, sophisticated people with mild mood problems as well as for less educated people and those with severe-emotional difficulties. The groups can be conducted by mental health professionals in a variety of settings, including: hospitals and clinics day treatment programs high schools and universities corporations twelve-step programs as well as other self-help organizations churches and synagogues correctional facilities HMOs and EAPs This is a time of great challenge for mental health professionals because of severe cutbacks in funding for psychiatric and psychological services. HMOs and other managed health care providers are asking, Can you provide quality outpatient treatment in only a handful of sessions? Can you provide a meaningful and healing inpatient experience in a matter of days instead of weeks or months? This book reveals an entirely new, cost-effective model for helping the majority of people quickly and compassionately. This ten-session training program includes topics such as: The Price of Happiness (Step 1) How to Break Out of a Bad Mood (Step 4) Self-esteem -What Is It? How Do I Get It? (Step 7) The Perfectionist's Script for Self-defeat (Step 8) A Prescription for Procrastinators (Step 9) Self-esteem and Spirituality (Step 10) This Leader's Manual contains clear and detailed instructions for every session in the program. Even if you do not have extensive group experience, the manual will show you how to make your very first group a resounding success. As you develop the program, you will be breaking new ground for people suffering from depression, loneliness, anxiety, and addictions who wish to enrich their lives and feel good about themselves once again!

When Panic Attacks David Burns,2010-04-13 'I just know this plane is going to run into turbulence and crash!' 'My mind will go blank when I give my presentation at work and everyone will think I'm an idiot.' 'Why am I so shy and insecure?

I'm such a loser!' We all know what it's like to feel anxious, worried or panicky. If any of these thoughts sound familiar, you can change the way you feel. When Panic Attacks will give you the ammunition to quickly defeat any kind of anxiety, including chronic worrying, shyness, public speaking anxiety, test anxiety and phobias without lengthy therapy or prescription drugs. Bestselling author and behavioural psychiatrist Dr David Burns will teach you 40 powerful new anti-anxiety techniques and show you how to select methods that will work for you. The goal is not just feeling a bit better, but complete recovery. All you need is a little courage and the techniques in this book.

Managing Your Mind Gillian Butler, Tony Hope, R. A. Hope, 1995 This is a keep-fit guide to your mind. It provides practical, step-by-step advice on how you can use psychological techniques to improve relationships, reduce anxiety and depression, and in many other ways to get more out of your life.

Feeling Good: The New Mood Therapy DAVID D. BURNS, M.D., 1980

Summary of David D. Burns, M.d.'s Feeling Good Sumoreads, 2017-07-27 PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Dr. David D. Burns offers practical advice to dealing with the thoughts that lead to depression, rather than going straight to medication to solve your problems in his groundbreaking look into mood and depression, *Feeling Good: The New Mood Therapy*. This SUMOREADS Summary & Analysis offers supplementary material to *Feeling Good* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key takeaways & analysis from each section Brief chapter-by-chapter summaries A short bio of the authors Original Book Summary Overview In his book *Feeling Good: The New Mood Therapy*, David D. Burns explains the simple practices anyone can use to overcome anger, guilt, low self-esteem, 'do-nothingism,' and other debilitating aspects of depression. In an easy, reassuring tone, Burns offers practical insights that will make you feel better the moment you pick up this book. *Feeling Good* is a no-nonsense guide to taking back control of your emotional life regardless of the circumstances of your life. Anyone looking for a way to alleviate depressive symptoms or simply cope with everyday emotional turmoil will find this book an invaluable read. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *Feeling Good*.

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