

The New Mood Therapy

David D. 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, 1980

SUMMARY Edition Shortcut (author), 1901

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.

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 - Feeling Good: The New Mood Therapy By David D. Burns Shortcut Edition,2021-06-17 * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to overcome depression, and more generally, how to cope with negative events and how to be happier. You will also learn : to be more positive; to be more confident in yourself; that criticism, anger and sadness can be overcome; to find your strengths and weaknesses; to feel good about yourself. Depression is as common as the common cold. However, unlike the common cold, treatments to cure it are not always effective, or their effects are temporary and limited. However, in recent years, important discoveries have been made about how emotions work and new forms of therapy have emerged. One of the most promising at present is called cognitive therapy. It is based on learning a new, more positive emotional behaviour, capable of overcoming all negative situations. Indeed, because the brain is malleable - this is neuroplasticity - it can learn to function differently throughout its life. If you are a victim of depression, if you are brooding, there are solutions, as proven by the Feeling Good techniques. Will you be able to reprogram your brain to your advantage? *Buy now the summary of this book for the modest price of a cup of coffee!

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.

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

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!

Summary of *Feeling Good* SellWave Audio, 2025-10-30 *Feeling Good* by Dr. David D. Burns presents a groundbreaking approach to overcoming depression and negative thought patterns through cognitive behavioral therapy (CBT). Drawing on the pioneering work of Dr. Aaron T. Beck, Burns demonstrates how anxiety, guilt, low self-esteem, procrastination, and other emotional struggles are rooted in distorted thinking. By identifying and correcting these cognitive distortions, readers can actively lift their mood and regain control over their lives. The book empowers readers to recognize the thought patterns that trigger feelings of sadness, hopelessness, and inadequacy. Burns provides practical techniques to challenge self-defeating beliefs, nip negative feelings in the bud, and replace destructive thoughts with more rational and positive ones. His strategies help individuals understand the causes behind their mood swings, develop healthier relationships, and reduce the emotional impact of criticism or hostility. Beyond depression, *Feeling Good* addresses common psychological pitfalls such as addiction to approval, excessive guilt, and feelings of pessimism. The exercises in the book guide readers to build lasting self-esteem, regain a sense of personal agency, and cultivate a positive daily outlook. Through consistent practice, individuals can experience meaningful, measurable improvements in their mental well-being. What sets this book apart is its accessibility and immediacy. Burns combines scientific rigor with a clear, engaging style that allows readers to implement CBT techniques without the need for a therapist. Real-life examples and practical exercises make abstract concepts tangible, giving readers the tools to feel better from day to day. Ultimately, *Feeling Good* is more than a guide to managing depression—it is a roadmap to transforming thought patterns, boosting emotional resilience, and cultivating joy. By following Burns' proven methods, readers can break free from the "black holes" of negative thinking and achieve a more confident, contented, and fulfilling life.

The Case Formulation Approach to Cognitive-Behavior Therapy Jacqueline B. Persons, 2012-10-22 A major contribution for all clinicians committed to understanding and using what really works in therapy, this book belongs on the desks of practitioners, students, and residents in clinical psychology, psychiatry, counseling, and social work. It will serve as a text in graduate-level courses on cognitive-behavior therapy and in clinical practice.

Comprehensive Casebook of Cognitive Therapy Frank M. Dattilio, 2013-06-29 This is the golden age of cognitive therapy. Its popularity among society and the professional community is growing by leaps and bounds. What is it and what are its limits? What is the fundamental nature of cognitive therapy? It is, to my way of thinking, simple but profound. To understand it, it is useful to think back to the history of behavior therapy, to the basic development made by Joseph Wolpe. In

the 1950s, Wolpe astounded the therapeutic world and infuriated his colleagues by finding a simple cure for phobias. The psychoanalytic establishment held that phobias-irrational and intense fear of certain objects, such as cats-were just surface manifestations of deeper, underlying disorders. The psychoanalysts said their source was the buried fear in male children of castration by the father in retaliation for the son's lust for his mother. For females, this fear is directed toward the opposite sex parent. The biomedical theorists, on the other hand, claimed that some as yet undiscovered disorder in brain chemistry must be the underlying problem. Both groups insisted that to treat only the patient's fear of cats would do no more good than it would to put rouge over measles. Wolpe, however, reasoned that irrational fear of something isn't just a symptom of a phobia; it is the whole phobia.

Feeling Good Kenneth Caraballo-Gonzalez,2023-01-18 Throughout this book, we have covered a wide range of topics related to mood therapy, including understanding depression and its causes, the cognitive triad and negative thoughts, the role of self-esteem in depression, challenging and changing negative thoughts, identifying and refuting cognitive distortions, the importance of communication and social support, techniques for managing stress and anxiety, mindfulness and self-compassion in mood therapy, building a positive self-image and self-worth, the power of positive thinking and visualization, overcoming procrastination and increasing motivation, setting realistic goals and achieving them, managing anger and resentment, coping with guilt and shame, managing negative emotions and preventing relapse, building a healthy lifestyle and self-care routine, the importance of sleep and exercise in mood therapy, nutrition and diet in mood therapy, the role of medication in mood therapy, understanding the different types of therapy, and the importance of cultural sensitivity and the role of family and loved ones in mood therapy.

Coping with Infertility Negar Nicole Jacobs,2013-05-13 Coping with Infertility is an essential source of emotional support for any couple struggling with involuntary childlessness. The book offers proven techniques and real-life examples from both men and women, in order to outline common emotional reactions and remind couples that they are not alone in their ups and downs. The coping skills discussed in the book have been assembled from years of working with individuals in clinical trials and have undergone rigorous scientific testing. These state-of-the-art techniques have been shown to be effective in helping couples deal with the stress, depression, relationship problems, and grief often associated with infertility. Coping with Infertility is an easily accessible and problem-focused guide for couples to use in overcoming the emotional roadblocks of infertility.

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!

In the Clinic: Practical Information about Common Health Problems ,

Mental Health and Mental Disorders Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general-interest readers alike, this three-volume work provides a comprehensive view of mental health that covers both mental well-being and mental illness. A three-volume ready-reference encyclopedia, this up-to-date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students. Covering the full continuum of mental health, the set describes typical functioning, including biology and neurology of the brain, emotions, and the traits and characteristics of mental well-being. It also addresses mental disorders and conditions, from obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) to phobias and schizophrenia. *Mental Health and Mental Disorders: An Encyclopedia of Conditions, Treatments, and Well-Being* highlights important concepts and phenomena, key individuals, treatment techniques, organizations, and diagnostic tools to give readers a complete view of this broad field of study. It also investigates all sides of wellness, exploring what it means to be normal and consistently identifying the links between lifestyle and mental health. The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual (DSM-V-TR).

Feeling Good the New Mood Therapy Dr Roland C Newton, 2022-12-24 Depression is a common mental health disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. It can also cause physical symptoms, such as changes in appetite, fatigue, and difficulty concentrating. I never truly comprehended what Depression was until I encountered it myself. I thought it was simply feeling miserable, however, it was far beyond that. I was

unable to zero in on anything, and I felt like I was continually confused. It was difficult to make sense of how I was feeling, and I frequently felt disconnected and alone. I was battling with Depression for quite a while before I understood what was going on. I felt like a shell of my previous self and couldn't track down satisfaction in anything. I had forever been a cheerful, friendly individual, however out of nowhere I discovered myself feeling truly down constantly. I didn't have the energy to do the things I used to enjoy. It was difficult to try and get up on certain days and I just couldn't shake this sensation of bitterness. It took a ton of work and commitment however I conquered depression, I am presently ready to deal with my downturn and carry on with a blissful and satisfying life. That is the reason I composed this book to assist people that are going through what I went through to conquer this plague called Depression and carry on with a cheerful life. In this book Feeling good the new mood therapy you will get to know the causes of depression, including genetics, life events (such as trauma or loss), and certain medical conditions. This ebook Feeling good the new mood therapy will equally teach the treatment for depression criteria for depression types of depression causes of depression symptoms of depression how I overcame depression The strategies I use in managing depression and improving quality of life how to self-manage depression in children and adolescents. This book Feeling good the new mood therapy will show you how to prevent depression.

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The New Mood Therapy Introduction

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