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David Burns' Feeling Good: The New Mood Therapy is a deserved classic of self-help books in the cognitive-behavioral therapy (CBT) tradition. He does not merely suggest that things can be different, he provides a clear and workable strategy for getting there.

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Feeling Good The New Mood Therapy Wikipedia

Feeling Good: The New Mood Therapy is a book written by David D. Burns, first published in 1980, that popularized cognitive behavioral therapy (CBT).

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Feeling Good The New Mood Therapy by David D Burns M D

His bestselling Feeling Good: The New Mood Therapy has sold more than three million copies to date. In a recent national survey of mental health professionals, Feeling Good was rated number one from a list of more than one thousand as the most frequently recommended self-help book on depression.

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