

BOOK FEELING GOOD THE NEW MOOD THERAPY



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Feeling Good The New Mood Therapy Book Review

For those who wish to learn more about this approach to therapy, we recommend a very informative book called Feeling Good: The New Mood Therapy by David D. Burns, MD. It's actually not quite as new as the title might imply.

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Feeling Good The New Mood Therapy by David D Burns

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 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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Book Review Feeling Good The New Mood Therapy

His best-selling book, Feeling Good: The New Mood Therapy, has sold over 4 million copies in the United States, and many more worldwide. Feeling Good is the book most frequently prescribed for depressed patients by psychiatrists and psychologists in the United States and Canada.

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Feeling Good The New Mood Therapy David D Burns M D

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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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