

THE NEW MOOD THERAPY



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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 M D

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David D. Burns, M.D., a clinical psychiatrist, conveys his ideas with warmth, compassion, understanding, and humor unmatched by any other writer in the self-help field. His bestselling Feeling Good: The New Mood Therapy has sold more than three million copies to date.

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However I find the feeling good new mood therapy offers additional help for anger issues. When panic attacks is the resource I recommend in addition to handbook for anxiety problems. The handbook and podcasts are my initial go to s.

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