

Feeling good the new mood therapy

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David Burns: Pioneer of Cognitive Behavioral Therapy (CBT)**

David Burns, a renowned psychologist and professor of psychiatry, is widely recognized as a leading expert in Cognitive Behavioral Therapy (CBT). His seminal work, "Feeling Good: The New Mood Therapy," has revolutionized mental health treatment and helped countless individuals overcome anxiety, depression, and other psychological challenges.

The Feeling Good Handbook: A Bestselling Guide

"Feeling Good: The New Mood Therapy" is a comprehensive self-help manual written by David Burns in 1980. The book has become a global bestseller, with over 5 million copies sold worldwide. It has been translated into more than 30 languages, making it one of the most widely read psychology books ever written.

CBT's Impact and David Burns' Legacy

CBT is a type of psychotherapy that focuses on identifying and challenging negative thoughts and behaviors that contribute to psychological distress. Albert Ellis and Aaron Beck are considered the fathers of CBT, while David Burns is credited with further refining and popularizing the approach. His contributions have had a profound impact, making CBT one of the most widely used therapeutic techniques today.

Is Feeling Good Worth Reading?

"Feeling Good" is highly recommended for individuals struggling with anxiety, depression, or other emotional challenges. The book provides step-by-step instructions on how to identify and change negative thoughts and behaviors. It also offers practical exercises and worksheets to help readers implement the principles of

CBT in their own lives.

Team Therapy

Although David Burns is not directly associated with team therapy, it is a related concept that involves multiple therapists working together with a group of clients. This approach is used in various settings to address complex psychological issues or promote personal growth.

"Feeling Good" by Michael Buble

Michael Buble's popular song "Feeling Good" is not related to David Burns' book. The song was originally written by Anthony Newley and Leslie Bricusse in 1964 and has been covered by numerous artists, including Ella Fitzgerald and Nina Simone.

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