

[GET] Feeling Good: The New Mood Therapy

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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. Please visit www.feelinggood.com to access supplemental materials, the Feeling Good Podcasts, the Feeling Good Blog, and more!

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