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### **Feeling good: the new mood therapy some notes**

Just so you know, I ve scheduled this post for the morning, but I m writing this at 23:30 on the 22nd. I m reading Feeling Good by David Burns (1999), a

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Overview. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs.

### **David d. burns - wikipedia, the free encyclopedia**

Feeling Good: The New Mood Therapy (preface by Aaron T. Beck). New York: Wm. Morrow and Co (hardbound); New American Library, 1981 (paperback). Revised and updated, 1999.

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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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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.

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Nov 10, 2008 Best Answer: The first four chapters are good. After that, the material is of questionable value. Correcting cognitive distortions will help some

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Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns's classic bestseller, Feeling Good: The New Mood Therapy,

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