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Synopsis :

Review 'A BOOK TO READ AND RE-READ!' -- Los Angeles Times'A book to read and re-read!'-Los Angeles Times' Read more From the Back Cover 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 today for treating depression.-- Recognize what causes your mood swings-- Nip negative feelings in the bud-- Deal with guilt-- Handle hostility and criticism-- Overcome addiction to love and approval-- Build self-esteem-- Feel good every day Read more See all Editorial Reviews

Reviews :

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