

Feeling Good : The New Mood Therapy

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Book Description: 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. - Recognise 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 everyday Searches:ebook feeling good

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