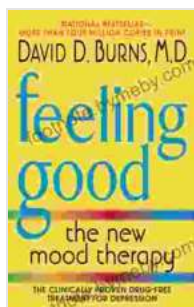


Feeling Good: The New Mood Therapy - Conquer Depression and Anxiety Naturally

Feeling Good: The New Mood Therapy is the bestselling self-help book on depression and anxiety. It has sold over 10 million copies worldwide and has been translated into 30 languages. In this book, Dr. David D. Burns introduces the concept of cognitive distortions, which are irrational thoughts that can lead to depression and anxiety. Dr. Burns provides a step-by-step guide to identifying and challenging these thoughts, and offers practical strategies for overcoming depression and anxiety.

What is Feeling Good About?

Feeling Good is a self-help book that teaches readers how to overcome depression and anxiety. The book is based on the principles of cognitive-behavioral therapy (CBT), which is a type of psychotherapy that focuses on changing negative thoughts and behaviors. CBT has been shown to be effective in treating a wide range of mental health conditions, including depression, anxiety, and obsessive-compulsive disorder. Free Download.



Feeling Good: The New Mood Therapy by David D. Burns

★ ★ ★ ★ ☆	4.5 out of 5
Language	: English
File size	: 46240 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 528 pages
X-Ray for textbooks	: Enabled



In *Feeling Good*, Dr. Burns introduces the concept of cognitive distortions. Cognitive distortions are irrational thoughts that can lead to negative emotions. For example, someone who is depressed might think, "I'm a failure" or "I'm worthless." These thoughts are not based on reality, but they can have a powerful impact on our mood and behavior.

Dr. Burns provides a step-by-step guide to identifying and challenging cognitive distortions. He offers a variety of techniques for changing negative thoughts, including:

- Reality testing: Checking the evidence for and against your negative thoughts.
- Reframing: Looking at situations from a more positive perspective.
- Cognitive restructuring: Changing the way you think about yourself and the world.

Dr. Burns also offers practical strategies for overcoming depression and anxiety, such as:

- Behavioral activation: Increasing your activity level and engaging in enjoyable activities.
- Problem-solving: Learning how to solve problems effectively.
- Stress management: Learning how to manage stress and relaxation techniques.

Benefits of Reading Feeling Good

There are many benefits to reading Feeling Good. The book can help you to:

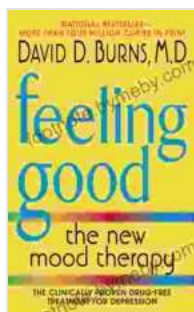
- Understand the causes of depression and anxiety
- Identify and challenge negative thoughts
- Develop practical strategies for overcoming depression and anxiety
- Improve your mood and quality of life

If you are struggling with depression or anxiety, Feeling Good is a valuable resource. The book can help you to understand your condition and develop the skills you need to overcome it.

Here are some additional details about the book:

- The book is written in a clear and engaging style.
- The book is full of helpful examples and exercises.
- The book has been endorsed by leading mental health experts.

If you are interested in learning more about Feeling Good, you can visit the book's website at feelinggood.com.



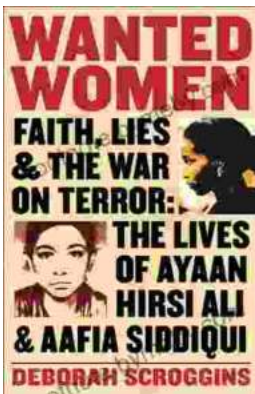
Feeling Good: The New Mood Therapy by David D. Burns

★ ★ ★ ★ ☆	4.5 out of 5
Language	: English
File size	: 46240 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled

Word Wise : Enabled
Print length : 528 pages
X-Ray for textbooks : Enabled

FREE

DOWNLOAD E-BOOK



Faith Lies and the War on Terror: Exposing the Truth Behind the World's Conflicts

In the aftermath of the 9/11 attacks, the world was thrust into a new era of conflict—the War on Terror. This global campaign, ostensibly waged against...



Mad About the Trump Era: Mad Magazine 2024

The Trump presidency has been a wild ride, and Mad Magazine has been there to document it all with its signature blend of satire and humor. Mad...