



Summary of Feeling Good by David D. Burns M.D.: Conversation Starters (Paperback)

By Bookhabits

Blurb, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Feeling Good by David D. Burns M.D.: Conversation Starters Feeling Good: The New Mood Therapy by eminent psychiatrist David D. Burns, M.D. shows how to use the method of cognitive therapy to heal from depression, anxiety, low self-esteem, apathy, and other mental health problems. Dr. Burns years of healing patients with depression and anxiety has shown him the effectiveness of this healing method without using drugs. Mood swings can be understood and prevented, negative feelings can be ventilated, guilt and anger can be effectively dealt with. Self-esteem can be built up and feeling good can be achieved everyday. This bestseller is the number one most recommended book by mental health professionals for their patients to read. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to. Create Hours of...



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