



The Feeling Good Handbook

By David D. Burns



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Make life an exhilarating experience!

With his phenomenally successful *Feeling Good: The New Mood Therapy*, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. In this bestselling companion, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems.

Free yourself from fears, phobias, and panic attacks.

Overcome self-defeating attitudes.

Discover the five secrets of intimate communication.

Put an end to marital conflict.

Conquer procrastination and unleash your potential for success.

With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive-compulsive disorder, this remarkable guide can show you how to feel good about yourself and the people you care about. You will discover that life can be an exhilarating experience.

“A wonderful achievement—the best in its class.”

—**M. Anthony Bates, Clinical Psychologist, Presbyterian Medical Center, Philadelphia**

“Clear, systematic, forceful.”

—**Albert Ellis, PhD, President, Albert Ellis Institute**

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Editorial Review

Review

"The CBT bible."—*The Observer*

"Invaluable guide to dealing with fears, anxieties, panic attacks, procrastination and communication problems."—*USA Today*

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From the Back Cover

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"This book makes a difference. Anyone who experiences emotional distress (that is, everyone) will find this book invaluable. Dr. Burns represents dozens of helpful exercises in his inimitable, lively, and self-revealing style."

—Jackie Persons, Ph.D., Associate Clinical Professor, Department of Psychiatry, University of California at San Francisco, and Director, San Francisco Bay Area Center for Cognitive Therapy.

"Dr. Burns has done it again. He has provided us with clearly described and practical guidelines for dealing with fears, anxieties, panic attacks, procrastination, and communication problems . . . invaluable."

—Marvin Goldfried, Professor of Psychology and Psychiatry, State University of New York at Stony Brook

If you are looking for sound, workable advice on how to change your life a little or a lot, this is the book for you."

—Robert L. Leahy, Ph.D., Director, Center for Cognitive Therapy, New York

About the Author

DAVID D. BURNS, M.D. is a clinical psychiatrist whose groundbreaking *Feeling Good: The New Mood Therapy* was rated number one in a national survey of mental health professionals as the most frequently recommended self-help book on depression. The companion, *The Feeling Good Handbook*, was rated number two. Dr. Burns is a popular lecturer and guest on national radio and television. He is currently clinical associate professor of psychiatry at Stanford University of Medicine and is certified by the National Board of Psychiatry and Neurology.

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Richard Tipton:

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