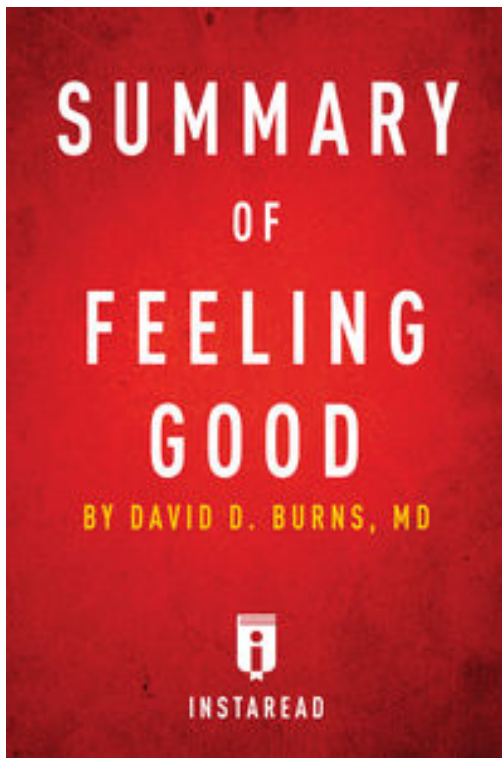


Summary Of Feeling Good - Instaread Read Ebooks [EN] PDF, EPub, Mobi



Summary of Feeling Good Instaread Read ebooks [EN] PDF, ePub, Mobi, Summary of Feeling Good by David D. Burns | Includes Analysis

Preview:

Feeling Good by Dr. David D. Burns is a self-help guide to using cognitive therapy (CT) as an effective, scientifically proven tool for combating depression of all degrees, especially when used in combination with therapy and possibly medication. CT is based on the idea that people's perceptions about themselves, their relationships, their job, and their overall life will shape their feelings. When people can change their thinking, they can drastically and often rapidly improve their mood. Research has proven that CT is often as effective as medication. *Feeling Good* offers a comprehensive strategy for changing negative perceptions and includes tools for doing so, such as mood assessment and targeted writing techniques. Once people have addressed and corrected distorted thinking, they live happier, healthier, and

more productive lives.

A commonly held belief is that external circumstances will determine an individual's emotional state. According to the CT model, emotional disorders, such as...

PLEASE NOTE: This is *key takeaways and analysis* of the book and NOT the original book.

Inside this Instaread Summary of Feeling Good by David D. Burns | Includes Analysis

- Overview of the Book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

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