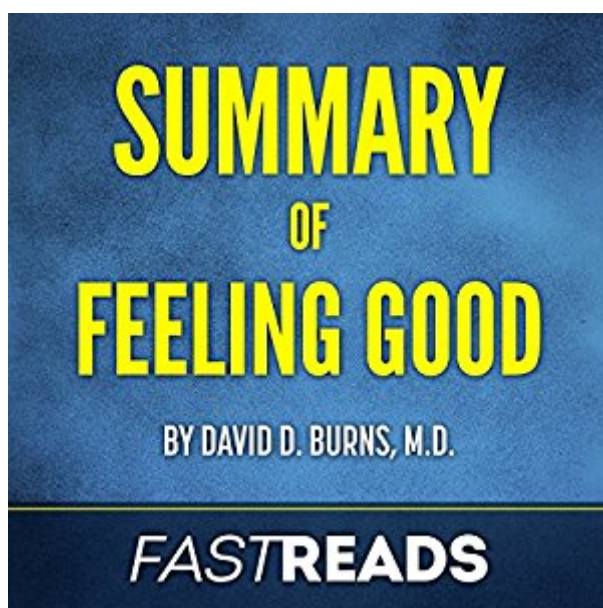


The book was found

Summary Of Feeling Good: By David D. Burns, M.D.: Includes Key Takeaways & Analysis



Synopsis

"Labeling yourself is not only self-defeating, it is irrational. Your self cannot be equated with any one thing you do. Your life is a complex and ever-changing flow of thoughts, emotions, and actions. To put it another way, you are more like a river than a statue." - David D. Burns, M.D. "Achievements can bring you satisfaction, but not happiness." - David D. Burns, M.D. "The price you pay for your addiction to praise, will be an extreme vulnerability to the opinions of others. Like any addict, you will find you must continue to feed your habit with approval, in order to avoid withdrawal pangs." - David D. Burns, M.D. "Much everyday anger results, when we confuse our own personal wants with general moral codes." - David D. Burns, M.D. "But these abnormal emotions feel just as valid and realistic as the genuine feelings created by undistorted thoughts, so you automatically attribute truth to them. This is why depression is such a powerful form of mental black magic." - David D. Burns, M.D. What will you learn from listening to this audiobook? What cognitive therapy is, and how it can help you. That anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression, can be cured without drugs! Why self-esteem could be the root of many of your problems How to change your thoughts in order to better your emotions The difference between sadness and depression How to fight depression, prevent it, and spur personal growth Tricks for coping with the stress of daily living How different drugs can affect your body, and the best treatment for you.

Book Information

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Customer Reviews

Thank you for the summary. It compressed the book into manageable, pertinent points.

I read Dr. Burn's original "Feeling Good the new mood therapy" book twice and applied it diligently for over a year. My transformation was nothing less than miraculous. I was fortunate to have the time to read and apply it, but it is long (500-700 pages). This "Summary of Feeling Good" explains theories as to why depression occurs, and how to hands-on tackle it. It is excellent. Buy it and try it if you are struggling. There is light at the end of the tunnel. Thank you Dr. David Burns for the powerful tools that I am now proficient at using. It may have saved my life.

This summary is a great way to get a quick "refresher" of the key concepts that help you refocus. Reading this summary was truly helpful and effective. I'm sure I will be reading it again.

Great summary! This book is elegantly composed, sorted out and brimming with data on the choice. I could read this rundown rapidly and get a decent picture of what the primary determination would resemble. I was intrigued to be honest, I think everybody who has any sort of dejection can profit by this choice. I found this book very helpful. Recommended to all.

Good book. Good techniques to getting better not just feeling better. The key points really made it easy to soak the points in.

Excellent summary! It covers all the meat and potatoes without the fluff. I felt satisfied after reading it. I will definitely read more summaries by Fastreads.

Grossly overpriced for the amount of information. By the way, I Love the original book. One of my all time favorites.

Not as good as the original book...

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