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## **Feeling Good: The New Mood Therapy by Dr. David Burns, M.D.**

One very exciting book I came across a number of years ago was called “Feeling Good: The New Mood Therapy”<sup>1</sup> written by David Burns, M.D. It was very exciting when I realized the ramifications for those suffering from anxiety, panic, and depression. This book, in my opinion, opened up a whole new world of relief for panic and anxiety sufferers.

More precisely this was exciting because it was my introduction to Cognitive Behavioral Therapy. Cognitive Behavioral Therapy allows one to examine his/her own thoughts for what are called “cognitive distortions” when feeling anxious or depressed. The perspective of the book is that these distortions cause depression and anxiety. At the time, I knew thoughts related to panic attacks were obviously anxious. I knew they were racing and often circular, but many people report they can’t find way to be free of these thoughts. This book literally shows one how to examine his/her thoughts and, in doing so, feel a lot better. This is a huge benefit to people, because in reviewing their thoughts, people can usually uncover a distortion or two without too much effort. Once the distortion has been pin pointed, a new thought or series of thoughts can then be substituted.

The book went on to include many actual examples that Dr. Burns encountered and the outcomes of these cases once techniques of Cognitive Behavioral Therapy were used. It was really interesting to read them and see how all of the theory behind the book was actually put into practice and really helped people.

The book also explains how over the course our lives we each have much broader global beliefs that can lead to depression and anxiety and the book provides instructions on how to discover them. Finding these global beliefs can allow one to locate the underlying cause of our depression and anxiety. Sufferers of panic attacks often struggle with the question of what causes their attacks. Well, when panic sufferers review their own global beliefs, they can find the root cause, so to speak. Our next step is then to come up with healthier beliefs.

I have since come to acquire every single book written by Dr. Burns. I find them extremely interesting and helpful. I was able to change my thoughts and overall beliefs.

Page 1 of 2

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Overall, this book has been reported to really allow one to make changes (for the good) and evolve along their own journey of self-improvement. Many people report that after integrating techniques discussed in the book, they feel more confident, more assertive, and much less shy in many settings that they would have struggled in previously. Once people can overcome these inhibitions, they can then move on their true path and pursue their true passion in an unrestricted fashion.

Can the book “Feeling Good: The New Mood Therapy” cure people in an and of itself?

In my opinion, dealing with panic attacks and anxiety must be a multifaceted approach and many things together (holistically) really help one recover. I do however think that this book and other books of David Burns can be a very effective catalyst for positive change and can really help one open the door to a much better life. I still to this day will use Cognitive Behavioral Therapy to work on my thoughts and improve them. I would highly recommend any of Dr. Burns’ books as a means for anyone to improve themselves, not just someone with anxiety, depression or panic.

For more importation on Dr. Burns’ books, Cognitive Behavioral Therapy and many more tips on how to recover from panic attacks, agoraphobia, and anxiety, please sign up for our free newsletter by simply visiting [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

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