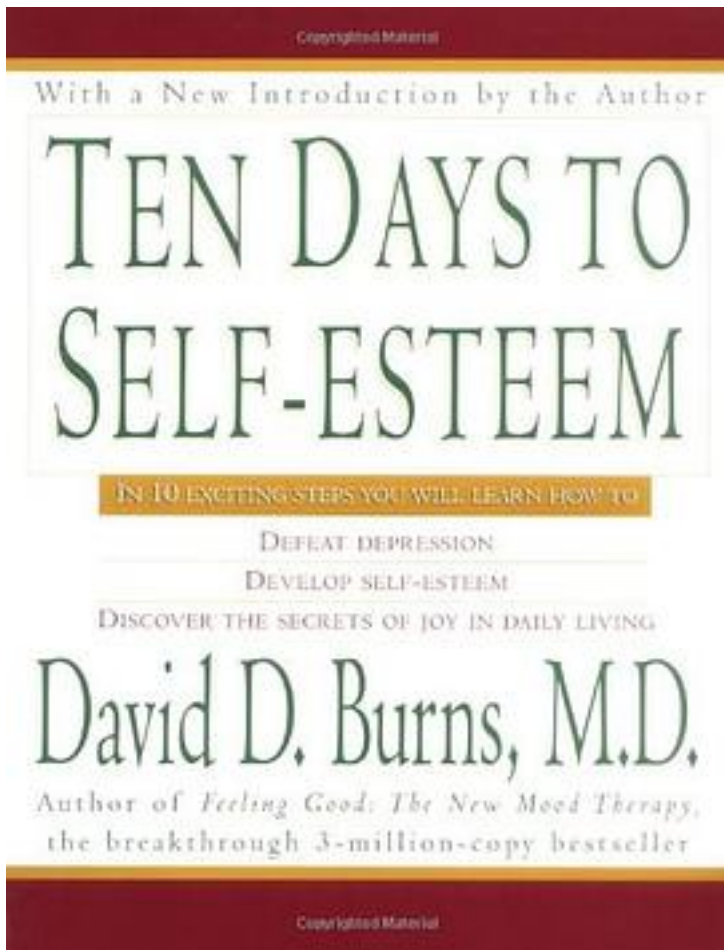


Ten Days to Self-Esteem



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Do you wake up dreading the day?

Do you feel discouraged with what you've accomplished in life?

Do you want greater self-esteem, productivity, and joy in daily living?

If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems. In *Ten Days to Self-esteem*, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that You **FEEL** the way you **THINK**: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life! You can **CHANGE** the way you **FEEL**: You will discover why you get depressed and learn how to brighten your outlook when you're in a slump. You can **ENJOY** greater happiness, productivity, and intimacy--without drugs or lengthy therapy. Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns's classic bestseller, *Feeling Good: The New Mood Therapy*, experienced dramatic relief in just four weeks without psychotherapy or antidepressant medications. Three-year follow-up studies revealed that readers did not relapse but continued to enjoy their positive outlook. *Ten Days to Self-esteem* offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on common sense and are not difficult to apply. Research shows that they really work! Feeling good feels wonderful. You owe it to yourself to feel good! Do you wake up dreading the day? Do you feel discouraged with what you've accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you will need is your own common sense and the easy-to-follow methods clearly spelled out in this book by one of the country's foremost authorities on mood and personal relationship problems. In *Ten Days to Self-esteem*, Dr. David Burns presents an innovative approach to mood problems. Written in a remarkably clear and understanding style, this book will help you identify the causes of your mood slumps and develop a more positive outlook on life.

作者介绍:

目录:

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