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your life. I only discovered this author recently after having trained myself on Moodgym and wish I had known about him way before.

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'Feeling good', Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. Now in this long-awaited sequel, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems.

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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

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