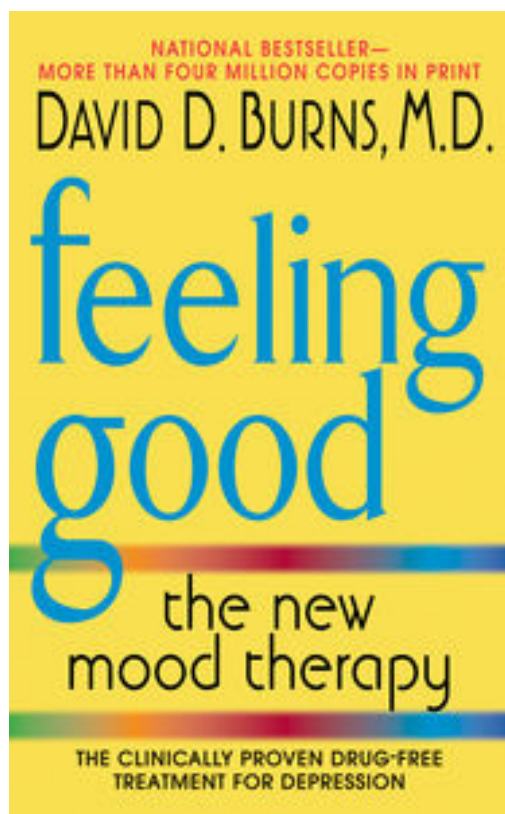


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David D. Burns, M.D.



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Now, in this updated edition, Dr Burns adds an all-new Consumer's Guide To Antidepressant Drugs, as well as a new introduction to help answer your questions about the many options available for treating depression.

Recognise what causes your mood swings.

Nip negative feelings in the bud.

Deal with guilt.

Handle hostility and criticism.

Overcome addiction to love and approval.

Build self-esteem.

Feel good everyday.

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