



Feeling Good

David D. Burns

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Book Description Publication Date: April 5, 2000 The good news is that you can rid yourself of anxiety, guilt, pessimism, procrastination, low self-esteem and other "black holes" of depression without drugs. David D Burns, M.D., outlines the remarkable, scientifically tested techniques that can lift your spirits and help you develop a positive outlook on life

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William Holt:

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