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The handbook is a practical application of what you've learned about the places where you 'get stuck' when your inner conversations are so self destructive and you just want to tell those inner ramblings that are saying the same old things they've been saying all your adult life, to shut the 'bleep' up!

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If you're for example feeling anxious, stressed and willing to make efforts to change for good and embrace a happier life, get this book. The key is to do

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all the exercises in the book and apply the best practice every day of 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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With his phenomenally successful '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 Medicine and is certified by the National Board of Psychiatry and Neurology.

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