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David d. burns (author of feeling good)

David D. Burns is an adjunct professor of the best-selling book Feeling Good: The New Mood Therapy. Burns popularized David D" and "David E" authors to

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FEELING GOOD FEELS WONDERFUL. The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured

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Feeling Good is used as a textbook in David Powlison's popular Counseling and Secular Psychology class at Westminster. This book introduces and applies the