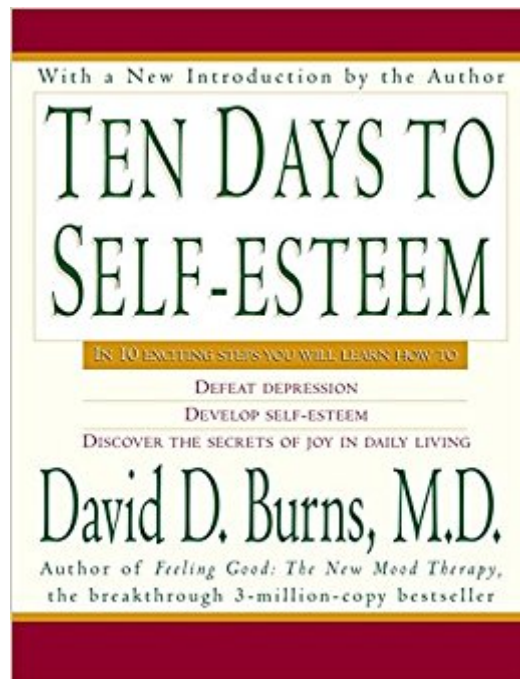


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# Ten Days To Self-Esteem



## Synopsis

Do you wake up dreading the day? Do you feel discouraged with what you've accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems. In *Ten Days to Self-esteem*, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that you feel the way you think: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life! You can change the way you feel: You will discover why you get depressed and learn how to brighten your outlook when you're in a slump. You can enjoy greater happiness, productivity, and intimacy—without drugs or lengthy therapy. Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns's classic bestseller, *Feeling Good: The New Mood Therapy*, experienced dramatic relief in just four weeks without psychotherapy or antidepressant medications. Three-year follow-up studies revealed that readers did not relapse but continued to enjoy their positive outlook. *Ten Days to Self-esteem* offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on common sense and are not difficult to apply. Research shows that they really work! Feeling good feels wonderful. You owe it to yourself to feel good!

## Book Information

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## Customer Reviews

David D. Burns, M.D., a clinical psychiatrist, conveys his ideas with warmth, compassion, understanding, and humor unmatched by any other writer in the self-help field. His bestselling *Feeling Good: The New Mood Therapy* has sold more than three million copies to date. In a recent national survey of mental health professionals, *Feeling Good* was rated number one from a list of more than one thousand as the most frequently recommended self-help book on depression. His *Feeling Good Handbook* was rated number two in the same survey. Dr. Burns's entertaining teaching style has made him a popular lecturer for general audiences and mental health professionals throughout the country as well as a frequent guest on national radio and television programs. He has received numerous awards including the Distinguished Contribution to Psychology Through the Media Award from the Association of Applied and Preventive Psychology. A magna cum laude and Phi Beta Kappa graduate of Amherst College, Dr. Burns received his medical degree from the Stanford University School of Medicine. He is currently clinical associate professor of psychiatry at the Stanford University School of Medicine and is certified by the National Board of Psychiatry and Neurology.

I've been slowly getting through step one --- no fault of the book, I'm just dragging my feet to commit 100%. So far, everything is true ---- you get out what you put in. I've gotta do the work to feel better. I think this book will be a good guide.

This book is written in workbook style. There are examples to follow before you examine your own circumstances. I found the explanations, the format and even the examples hard to follow. The material seems pretty relevant, even though the book's copyright date is 1993. The author suggests a possible use of the book in a group situation, and maybe that would help with the flow. But the issues addressed are pretty personal, so a reader would need to have a very safe group. I don't like that the pages have sentences with 18-20 words across the page. That feels hard to read to me. It is not a 10 day program, as the title suggests. The book really addresses how to change your thinking patterns, which is relevant today. But the methods suggested are pretty challenging, so a person might not make it through the book.

This is an excellent book. It really helped to bring me out of a serious slump. You have to commit to

doing the exercises to see benefits. They are well worth it!

I really enjoyed taking my college course that required me to use this book. It is interactive and only takes a few minutes a day. I think that the exercises were great and really did make you think and also helped to change the way I looked at things. I have even suggested it to a few of my friends. I am thinking of buying it to use in my practice with clients since the way it is broken up makes it easy for everyone to use, not just professionals.

I really like burns. he is a talented psychiatrist.there is nothing new here - he describes the same techniques in his other books. this one gives you worksheets to fill out and helps you practice the methods by choosing situations or thoughts that are a problem for you and working on one or two at a time.I think I would be very helpful as long as you keep at it and work through the whole book.

Very good book written from a very positive and healthy perspective.

Great idea but WAY to much info to make me want to accomplish in ten days! Be prepared!

This book guides you through a great plan for increasing self-esteem

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