

With a New Introduction by the Author

TEN DAYS TO SELF-ESTEEM

IN 10 ENGAGING STEPS YOU WILL LEARN HOW TO

DEFEAT DEPRESSION

DEVELOP SELF-ESTEEM

DISCOVER THE SECRETS OF JOY IN DAILY LIVING

David D. Burns, M.D.

Author of *Feeling Good: The New Mood Therapy*,
the breakthrough 3-million-copy bestseller

Ten Days To Great Self Esteem

William B. Swann



Ten Days To Great Self Esteem:

Ten Days to Self-Esteem David D. Burns, 2013-04-16 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

Ten Days to Great Self-esteem David D. Burns, David Burns, 2000 Using this book readers can pinpoint and overcome the self defeating attitudes that rob them of happiness productivity and intimacy

Ten Days to Self-Esteem David D. Burns, 1999-03-17 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 Ten Days to Self-Esteem David D. Burns, M.D.,1993-10-29 Ten Days to Self esteem The Leader s Manual To date Dr David Burns s classic Feeling Good The New Mood Therapy has sold more than two and a half million copies Many people are unaware of the real secret of this book s phenomenal success Published studies have shown that two thirds of the depressed people who have read Dr Burns s Feeling Good recovered on their own in just four weeks without any professional treatment at all Even more astonishing is the fact that 77% of these readers maintained their positive outlook for at least two years after reading Feeling Good That s why Feeling Good has become a perennial best seller because this book provides hope compassion and actual healing for people suffering from depression Now Dr Burns offers a powerful new tool with the creation of his Ten Days to Self esteem The Leader s Manual This book along with the accompanying participant s workbook Ten Days to Self esteem will show you how to develop exciting short term groups based on the principles in Feeling Good that will help people from all walks of life overcome depression and develop greater self esteem and greater joy in daily living Extensive pilot testing of this program reveals that the groups are suitable for high functioning sophisticated people with mild mood problems as well as for less educated people and those with severe emotional difficulties The groups can be conducted by mental health professionals in a variety of settings including hospitals and clinics day treatment programs high schools and universities corporations twelve step programs as well as other self help organizations churches and synagogues correctional facilities HMOs and EAPs This is a time of great challenge for mental health professionals because of severe cutbacks in funding for psychiatric and psychological services HMOs and other managed health care providers are asking Can you provide quality outpatient treatment in only a handful of sessions Can you provide a meaningful and healing inpatient experience in a matter of days instead of weeks or months This book reveals an entirely new cost effective model for helping the majority of people quickly and compassionately This ten session training program includes topics such as The Price of Happiness Step 1 How to Break Out of a Bad Mood Step 4 Self esteem What Is It How Do I Get It Step 7 The Perfectionist s Script for Self defeat Step 8 A Prescription for Procrastinators Step 9 Self esteem and Spirituality Step 10 This Leader s Manual contains clear and detailed instructions for every session in the program Even if you do not have extensive group experience the manual will show you how to make your very first group a resounding success As you develop the program you will be breaking new ground for people suffering from depression loneliness anxiety and addictions who wish to enrich their lives and feel good about themselves once again The Self-Esteem Coach: 10 Days to a Confident New You Lynda Field Author,2013-01-01 As top UK life coach and self esteem expert Lynda Field puts it When you walk in your confident shoes your bright spirit will always attract success However if you are feeling low in confidence or overwhelmed by self doubt you need a strategy to help you to raise your game It is to fill

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