



Ten Days to Self-Esteem

By David D. Burns M.D.

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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!

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