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By David D. Burns

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Feeling Good: The New Mood Therapy - Wikipedia, -

Feeling Good: The New Mood Therapy is a book written by David D. Burns, first published in 1980, that popularized cognitive behavioral therapy (CBT).
http://en.wikipedia.org/wiki/Feeling_Good:_The_New_Mood_Therapy

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David D. Burns is an adjunct professor emeritus in the Department of The New Mood Therapy and The Feeling Good Handbook. Burns popularized Aaron T. Beck

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