

[PDF] Ten Days To Self-Esteem: The Leader's Manual

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Description:

About the Author

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.

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