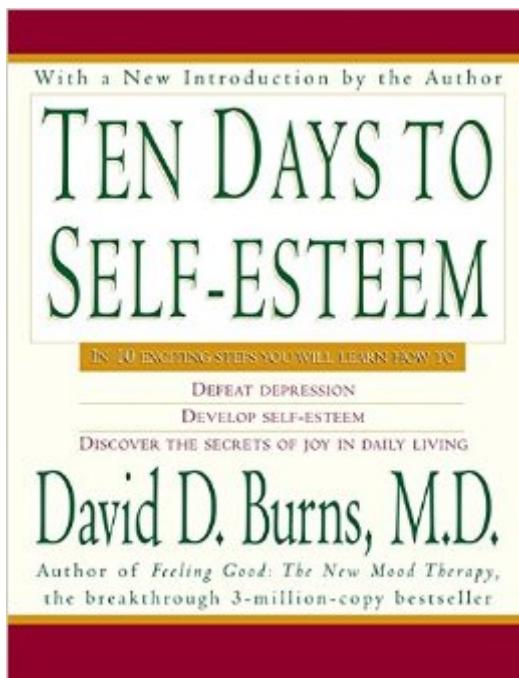


The book was found

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

I am yet another person who doesn't understand what the negative reviews are about. I am not a dummy, am an educated, self-employed professional who has already had years of therapy, and who has a history of family depression. I find the work to be engaging, to the point, and not at all condescending or negative. I am not sure how it can be said that he dwells on the negative when over and over the exercises are to **WRITE POSITIVE REBUTTALS** to your negative thoughts, and to talk to yourself kindly and compassionately. I can say that the title stinks... and in fact in the beginning of the book Dr. Burns asks us to sign a commitment to spend a certain amount of time a day for a certain period, and suggests 15 minutes (so we can do more if possible, but will not feel put off by overcommitting)... so it seems even he thinks 10 days is unreasonable. I have been working at it for two weeks now. And I can say that it works... I was going around in self-defeating thought loops as I had been for years, just coming out of a breakup, and had been diagnosed by my medical doctor with depression (though not needing meds) and sent for therapy (we have only had one introductory visit so far, so I cannot say my improvement is due to the therapy). And I have gone from (according to his mood checklists) **EXTREMELY DEPRESSED** and **EXTREMELY ANXIOUS** through moderately to now **SLIGHTLY DEPRESSED**. I am very impressed. And all my friends have commented on my quick and positive mood upswing. Reading this book one may wonder why it would work. It works because of actually having to write down how you feel, and what exactly you are thinking.

I've had depression for over ten years, flirting with suicide for most of them, before finally seeking help. So I know what it's like at the bottom, trust me. Meds can make you a LOT better... but they're only a kick-start to taking care of the problems addressed in this book. This book can make you ALL better by taking care of the main symptom of depression - negative thoughts - and thus preventing deeper depression and relapse. "Ten Days to Self-Esteem" includes checklist tests to chart your progress, simple homework assignments, and daily exercises to train yourself to think more positively. In other words, if you're willing to put in the work, and let Dr. Burns show you where to start, it WILL help you, step-by-step. So why all the negative reviews? I have to put in my two cents, here. There are three major themes running through the brains of those with depression: 1. "I have a very special case of depression. Other people may have gotten better, but I'm different. I'll never be cured." 2. Life's details are tainted with bad-ness. ("That's nice, but...") 3. If it's not perfect, it's not good enough. ("There's a typo on my resume, so I won't bother applying for the job.") All of these combined will invariably lead to negative reviews of this book. The depressed patient will find one or

two things they don't agree with (whether rational or not), and since they have an all-or-nothing philosophy, they decide this book is worthless and can't help them, so they don't read it or do the exercises (or do them half-heartedly), and this book gets one star. Now, I'm NOT picking on any certain reviewer here; I haven't read the complaints in that much detail.

I ignored the comments attached to this book before ordering, and I'm glad I did. As has often been said, a review says more about the reviewer than the object in question, mine included. This book is meant to accomplish very specific things, which are clearly outlined in the book, and it does those things extremely well. The problem is of course the title: it puts the book in the "thinner thighs" niche, and this is no quick fix, fairy tale book. This is not a superficial or simplistic book, though it is simple. The book was originally written for a 10 day workshop for disadvantaged people of various types who had one thing in common: major depression. As such, it's sort of an inpatient book. Most of us can't do it in 10 business days, either because of the time required or because of the emotional stamina it would require. I've read hundreds of self-help books over the years, and many of them have fine ideas. Like diets, though, we don't DO them. The point of this book is to put Burns' lessons down on paper, because that's the only way you learn. Keeping it in your head simply does not work (I've tried), no matter who you are. (I have three Ivy League degrees blah blah, but that's not worth a hill of beans in emotional healing or learning how to have a mental, spiritual, and physical life coexist happily.) CBT (cognitive behavioral therapy) has been shown effective for people with not much education. It's the effort that counts, according to studies cited in his books. I read Burns' first book over 10 years ago, but put it aside because it just was too much; it wasn't helpful to me at that point. I've come a long way since then, and now have the patience, persistence, and yes desperation, to do whatever I can.

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