



Sentirse bien. Una nueva terapia contra las depresiones (Spanish Edition)

David D. Burns

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Cuando creemos firmemente que nuestra vida carece de sentido; que nuestras relaciones con los demás siempre acaban en fracaso; que nada vale la pena, y que somos incapaces de salir del pozo en el que estamos inmersos... seguramente estamos atravesando un periodo de depresión. Cuando no nos resignamos a habitar en la oscuridad y buscamos la forma de aliviar nuestro sufrimiento psicológico, una de las mejores herramientas a nuestro alcance es Sentirse bien. Esta obra es uno de los máximos exponentes de la autoayuda de calidad y, a lo largo de los años, ha contribuido a que millones de personas recuperen su bienestar. A partir de los principios de la terapia cognitiva, el Dr. David Burns ha desarrollado un método eficaz y clínicamente comprobado, con el cual el lector puede reconocer en sí mismo percepciones y actitudes negativas como el perfeccionismo exacerbado; la dependencia de la opinión ajena; el exceso de pesimismo, el desgane que conduce al abandono... y que con sencillez y comprensión le enseña a cambiar la perspectiva desde la que analiza su realidad, ayudándole a superar su estado depresivo y a reencontrar las ganas de vivir y la confianza en sí mismo.

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