

With a New Introduction by the Author

TEN DAYS TO SELF-ESTEEM

IN TEN EXCITING STEPS YOU WILL LEARN HOW TO

DEFEAT DEPRESSION

DEVELOP SELF-ESTEEM

DISCOVER THE SECRETS OF JOY IN DAILY LIVING

David D. Burns, M.D.

Author of *Feeling Good: The New Mood Therapy*,
the breakthrough 3-million-copy bestseller

Ten Days To Self Esteem

Katrin Zwirglmaier



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