

# Lista de lecturas recomendadas

## Para los participantes en la terapia cognitiva

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- Beck, A.T. y Greenberg, R.L. (1995). *Coping with Depression* (rev. ed.). Bala Cynwyd, PA: Beck Institute for Cognitive Therapy and Research.
- Burns, D.D. (1980). *Feeling Good: The New Mood Therapy*. Nueva York: New American Library.
- Burns, D.D. (1989). *The Feeling Good Handbook: Using the New Mood Therapy in Everyday Life*. Nueva York: William Morrow.
- Greenberger, D., (1995). *Mind Over Mood: A Cognitive Therapy Treatment Manual for Clients*. Nueva York: Guilford Press.
- Greenberger, D., y Padesky, C. (2015). *Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think*. Nueva York: Guilford Press.
- Real, T. (1998). *I Don't Want to Talk about It: Overcoming the Secret Legacy of Male Depression*. Nueva York: Fireside.
- Wright, J.W. y Basco, M. (2001). *Getting Your Life Back: The Complete Guide to Recovering from Depression*. Nueva York: The Free Press.

