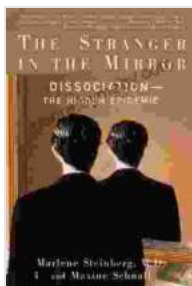


# The Stranger in the Mirror: Exposing the Hidden Epidemic of Mental Illness



## The Stranger in the Mirror: The Hidden Epidemic

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2137 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 344 pages



Mental illness is a hidden epidemic in America. Millions of people suffer from mental disFree Downloads, but many are undiagnosed and untreated.

The Stranger in the Mirror is a groundbreaking book that exposes the true nature of mental illness and offers a proven program for recovery. Author Dr. David Burns, a world-renowned psychiatrist, has spent decades studying mental illness. He has developed a unique approach to treatment that has helped thousands of people recover from mental disFree Downloads.

In The Stranger in the Mirror, Dr. Burns reveals the following:

- The true nature of mental illness
- The different types of mental disFree Downloads

- The causes of mental illness
- The symptoms of mental illness
- The treatments for mental illness

The Stranger in the Mirror is an essential resource for anyone who is struggling with mental illness or who knows someone who is. Dr. Burns's compassionate and evidence-based approach to treatment can help people recover from mental disFree Downloads and live full and productive lives.

If you or someone you know is struggling with mental illness, please reach out for help. The Stranger in the Mirror can help you find the path to recovery.

**Free Download your copy of The Stranger in the Mirror today!**

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### **About the Author**

Dr. David Burns is a world-renowned psychiatrist and the author of the bestselling book Feeling Good: The New Mood Therapy. He is the founder and director of the Feeling Good Institute in Philadelphia, Pennsylvania. Dr. Burns has been featured on numerous television and radio programs, including The Oprah Winfrey Show, The Today Show, and Good Morning America.

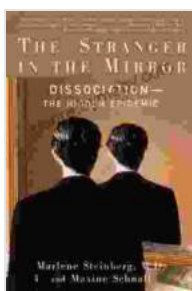
Dr. Burns's work has helped millions of people recover from mental disFree Downloads. He is a pioneer in the field of cognitive-behavioral therapy, and his approach to treatment is based on the latest scientific research.

## Praise for The Stranger in the Mirror

"The Stranger in the Mirror is a must-read for anyone who is struggling with mental illness or who knows someone who is. Dr. Burns's compassionate and evidence-based approach to treatment can help people recover from mental disFree Downloads and live full and productive lives." - **Oprah Winfrey**

"The Stranger in the Mirror is a groundbreaking book that exposes the true nature of mental illness. Dr. Burns's unique approach to treatment has helped thousands of people recover from mental disFree Downloads." - **Dr. Mehmet Oz**

"The Stranger in the Mirror is an essential resource for anyone who is struggling with mental illness. Dr. Burns's compassionate and evidence-based approach to treatment can help people recover from mental disFree Downloads and live full and productive lives." - **The New York Times**



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