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Take Back Your Life: When Your Things Are Taking Over
Archives Available
October 26th 2016: Living With Depression and Anxiety

Elaine Birchall, host of the VoiceAmerica Variety Channel Program "Take Back Your Life: When Your Things Are Taking Over" will be joined by special guest David D. Burns, M.D. on Wednesday October 26, 2016 at 1 p.m. EDT, to discuss living with depression and anxiety.

Tune in

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Featured Guest



Dr. David Burns

Dr. David D. Burns, author of the best-selling books Feeling Good, and the Feeling Good Handbook, will provide expert information on depression and anxiety, addressing such topics as what makes people vulnerable for depression, anxiety, low self-esteem, and guilt, and how we can modify our self-defeating attitudes and behaviors that result in depression and anxiety.

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