2 bah humbugs & hold the fa la las

psychiatrist David D. Burns says.

Having no joy in the present and no faith in the future. Burns says, this crotchety old fuddy-duddy emerges at Christmastime to paralyze holiday plans and pulverize year-end resolutions

But everyone is his own Santa Claus, 100, Burns says. Most people realize this and simply obliterate old Scrooge in a round of tree-trimming and holiday good theer, coming out on the other side of

New Year's resolved to carry on.

Burns is a kind of Santa Claus himself. An assistant professor of psychiatry at the University of Pennsylvania, he's author of a book entitled "Feeling Good, The New Mood Therapy." It oulines techniques for combating depression without drugs.

Burns calls depression the "common cold" of mental disorders.

About 80 percent of Americans have it

at one time or another, he says, with about 20 to 25 percent getting serious doses. The more serious cases can lead to suicide or other self-destructive behav-ior. These arise when the depression lasts two weeks or more.

He says depression is "a syndrome characterized by blue moods, being down in the dumps, feeling like a failure, not 'as good' as others, attended by crying, irritability, trouble making decisions, difficulty sleeping, loss of appetite for food or sex, social overcating and

preoccupation with physical aches and

proceupation was physical actic appairs."

That in itself is depressing. And Burns himself admits to being "less than joyous" during this time of year. But Burns that he was the progressing his own blue moods and it is the same one he suggests for others.

"Don't measure your self-esteem by what you do or by what others think of

He says most human beings predicate their sense of self-worth on four value judgments:

- I must be perfect in everything I
- say and do.

 I must be loved by other people.

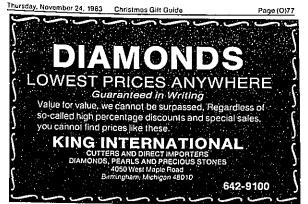
 I must have other people's approv-
- I must be successful.

HUMBUG, BURNS 50V5.

The hardest one to overcome during the Christmas-Hanukkah period, he says, is the "I must be loved" statement. At New Year's, it's the "I must be successful" statement.

"Make a list of the advantages and disadvantages of the belief," he says. Then go through the list and rewrite it

Then go through the list and rewrite it. Do you really have to be 'successful?' Or are you doing all right, right now?
"You will find that you're already worthwhile. The trick is to stop being dependent on external events and people for your feelings of happiness."







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