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Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy

By Windy Dryden

Routledge, 2011. Paperback. Book Condition: New. 17.4 x 24.6 cm. "Dealing with Emotional Problems offers clear, practical advice on how to deal with some of the most common emotional [Url removed]T is a technique that encourages a direct focus on emotional problems, helping you to understand the thoughts, beliefs and behaviours that cause you to maintain these problems. This understanding will enable you to overcome problems and lead a happier and more fulfilling [Url removed]book begins by outlining foundations of emotional problems. Each problem is then presented in a similar way allowing the reader to compare and contrast similarities and differences between each emotion, and how to cope with it. This book covers: anxiety depression guilt shame hurt unhealthy anger unhealthy jealousy unhealthy envy. Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy can be used on your own or in conjunction with a therapist who can use the Practitioner's Guide" -- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

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