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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

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