



Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy: A Client's Guide

Windy Dryden

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Dealing with Emotional Problems offers clear, practical advice on how to deal with some of the most common emotional difficulties.

Rational-Emotive Cognitive Behaviour Therapy (RECBT) 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 life.

The 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*.

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Reading can called imagination hangout, why? Because when you are reading a book specially book entitled Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy: A Client's Guide the mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation in which maybe you never get before. The Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy: A Client's Guide giving you a different experience more than blown away your mind but also giving you useful details for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

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