

Rational Emotive Behaviour Therapy: A Client's Guide

John Traverse, Windy Dryden



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Rational Emotive Behaviour Therapy: A Client's Guide John Traverse, Windy Dryden This work is designed for those who are thinking about, or are currently engaged in, Rational Emotive Behaviour Therapy, to help them improve their lives. It is intended to help them understand their therapy and get the most out of it, as well as helping them to keep practising the techniques.

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