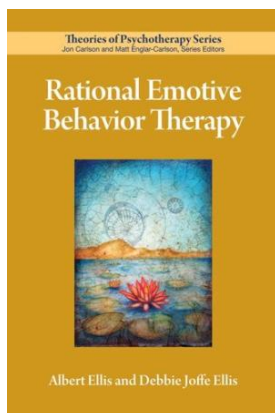


Download Kindle

RATIONAL EMOTIVE BEHAVIOR THERAPY



American Psychological Association. Hardback. Book Condition: new. BRAND NEW, Rational Emotive Behavior Therapy, Albert Ellis, Debbie Joffe Ellis, Rational Emotive Behavior Therapy provides an introduction to the theory, history, research, and practice of this influential approach. Created in the 1950s by the coauthor, Albert Ellis, rational emotive behavior therapy (REBT) was the pioneering cognitive-behavioral therapy. In essence, REBT helps clients learn to challenge their own irrational thinking and develop the habit of thinking in beneficial and rational ways. This shift...

Read PDF Rational Emotive Behavior Therapy

- Authored by Albert Ellis, Debbie Joffe Ellis
- Released at -



Filesize: 2.23 MB

Reviews

This created ebook is wonderful. I am quite late in start reading this one, but better then never. You may like the way the author compose this pdf.

-- **Frederic Lang**

These sorts of pdf is the greatest pdf available. It really is writter in simple words and never difficult to understand. I am just very easily could get a delight of studying a written ebook.

-- **Mr. Allen Cassin**

Related Books

- **The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**
- **Accused: My Fight for Truth, Justice and the Strength to Forgive**
The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in
- **Egypt Thanks to Moses! (Hardback)**
Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Dolphin
- **Rescue (Hardback)**
- **Coding for Beginners**