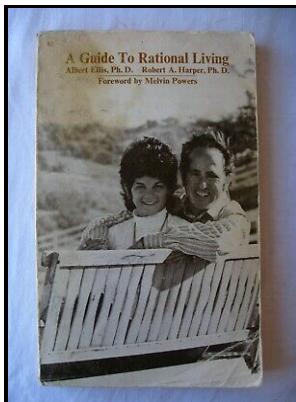


Guide to rational living

Wilshire Book co. - A new guide to rational living (1975 edition)



Description: -

Middle managers -- United States
Supervisors -- United States
Rational-emotive psychotherapy.guide to rational living
-guide to rational living
Notes: Includes bibliographical references (p. 189-193)
This edition was published in 1974



Filesize: 37.510 MB

Tags: #A #Guide #to #Rational #Living

A new guide to rational living (1975 edition)

So much of what passes as thought and action in this world is simply over-emotionalized reactions. Why should you try Rational Life Therapy? But returning to what I began saying, although an event can scar a person or affect their behaviour, as adults, and as our minds mature, we have control over our actions.

A Guide to Rational Living

That's one word you are going to hear most often from the authors of this wonderful little blue book.

A Guide to Rational Living (First Edition)

My main gripe with the book is the depiction of the authors' clients; they just didn't sound like real people to me.

A New Guide to Rational Living by Albert Ellis

This how is never fully answered in the book. They also work with clients who have physical disorders or diseases that require medical attention.

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