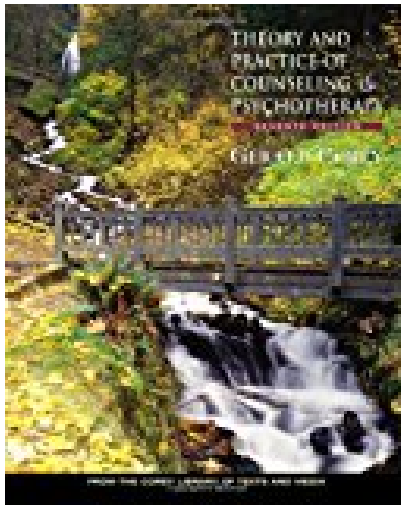


Theory and Practice of Counseling and Psychotherapy with Web Site Chapter Quiz Booklet and InfoTrac Available Titles CengageNOW



BOOK DETAILS

- Author : Gerald Corey
- Pages : 576 Pages
- Publisher : Brooks Cole
- Language : English
- ISBN : 0534536050



BOOK SYNOPSIS

We all have feelings, its what we do with them that counts. Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that dont get them in trouble or hurt others. Concepts include: 11 common irrational beliefs and self-talk 10 cognitive distortions 5-step self-analysis and improvement process 5 "hot" connecting links 4 anger myths 3 major "musts" that shape our irrational behaviors self help sections for anxiety, anger, & depression An essential book for anyone teaching anger management and emotional skills. From Parents Press

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