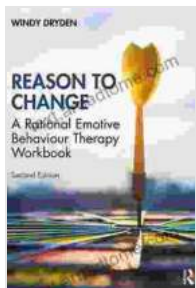


Take Control of Your Emotions with the Rational Emotive Behaviour Therapy Workbook (2nd Edition)



Reason to Change: A Rational Emotive Behaviour Therapy Workbook 2nd edition by Windy Dryden

★★★★★ 5 out of 5

Language : English
File size : 8202 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 184 pages



Unlock the Power of Rational Thinking to Transform Your Mental Health

Are you tired of being held back by irrational thoughts and beliefs? Do you feel like your emotions are controlling you instead of the other way around? If so, then the Rational Emotive Behaviour Therapy Workbook (2nd Edition) is the perfect tool for you.

Based on the principles of Rational Emotive Behavior Therapy (REBT), this comprehensive workbook will guide you through a step-by-step process to identify, challenge, and overcome irrational thoughts and beliefs. With practical exercises and real-world examples, you'll learn how to:

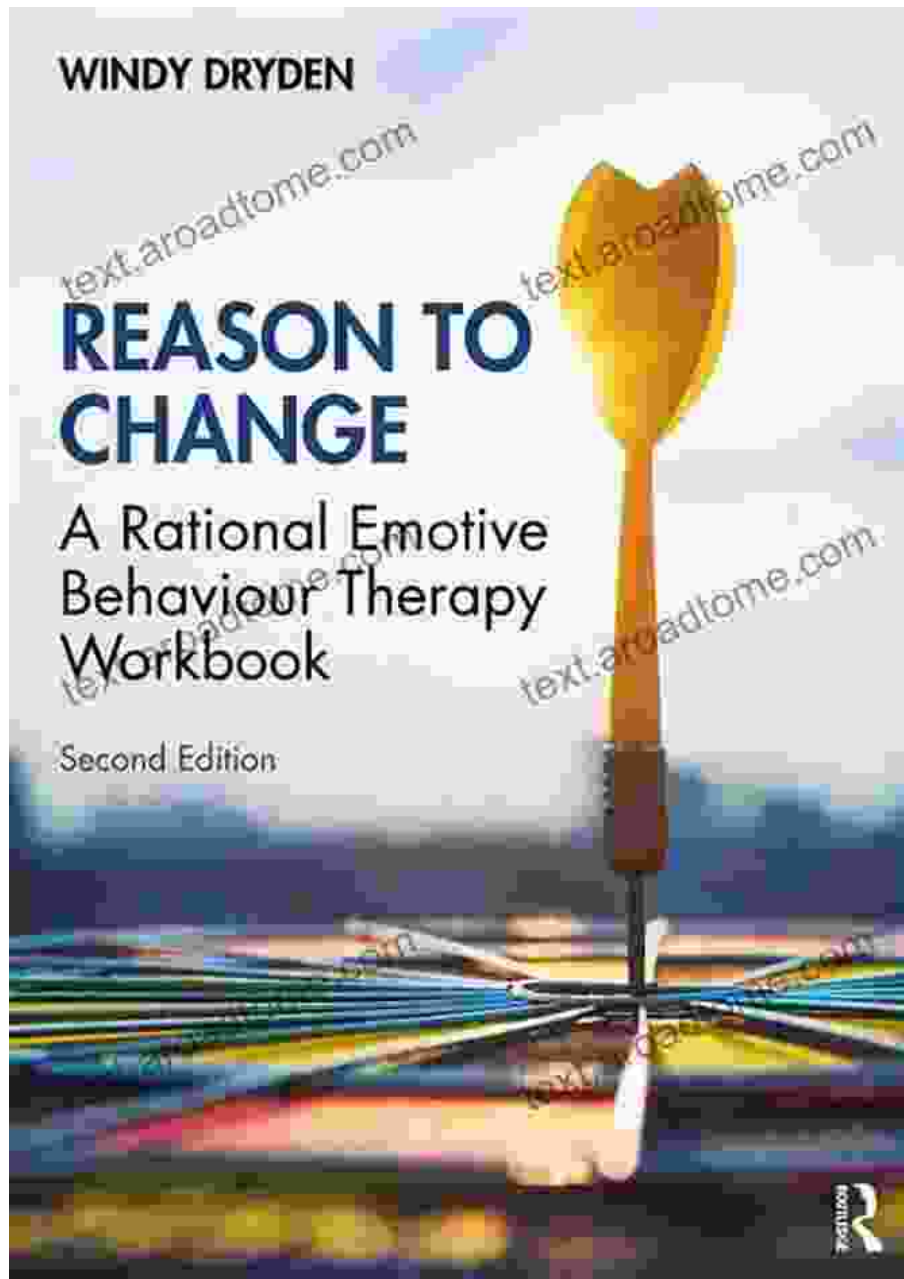
- Identify the irrational thoughts and beliefs that are causing you distress

- Dispute these irrational thoughts and beliefs using evidence and logic
- Develop rational and healthy alternative thoughts and beliefs
- Apply REBT principles to a wide range of situations and challenges

The Rational Emotive Behaviour Therapy Workbook (2nd Edition) is an essential resource for anyone who wants to improve their mental health and well-being. With its evidence-based approach and practical exercises, this workbook will help you to:

- Reduce anxiety, depression, and other mental health symptoms
- Improve self-esteem and confidence
- Build resilience to stress and adversity
- Enhance relationships and communication skills
- Achieve greater happiness and fulfillment in life

If you're ready to take control of your emotions and live a more rational and fulfilling life, then the Rational Emotive Behaviour Therapy Workbook (2nd Edition) is the perfect tool for you. Free Download your copy today and start your journey to emotional freedom!



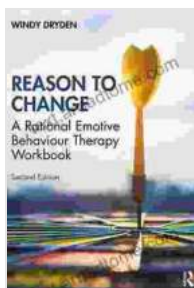
About the Author

Dr. Albert Ellis is the founder of Rational Emotive Behavior Therapy (REBT). He is a renowned psychologist and author who has helped millions of people overcome emotional problems and achieve greater happiness and fulfillment in life.

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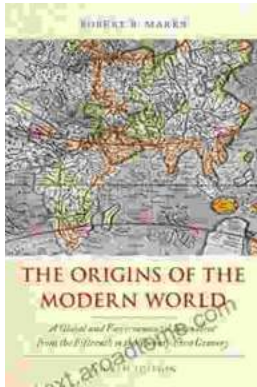
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