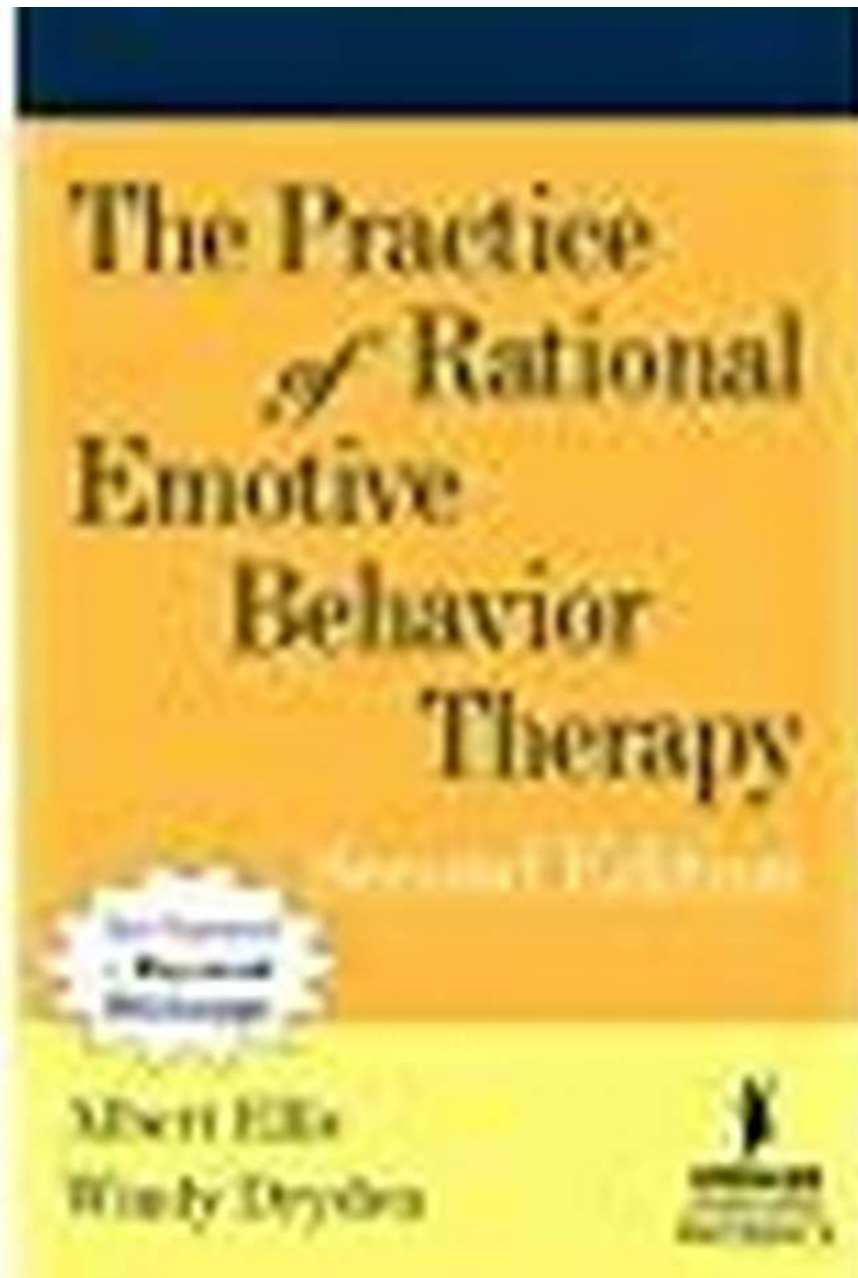


Rational Emotive Behaviour Therapy Workbook 2nd Edition - Unlocking Your Full Potential

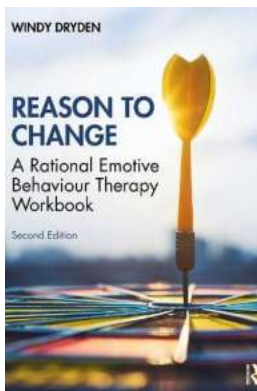


Have you ever felt overwhelmed by negative emotions and the impact they have on your daily life? Do you wish there was a way to gain control over your thoughts

and feelings, and unlock your full potential for happiness and success? Look no further than the Rational Emotive Behaviour Therapy Workbook 2nd Edition.

The Power of Rational Emotive Behaviour Therapy

Rational Emotive Behaviour Therapy (REBT) is a revolutionary approach to psychology that focuses on identifying and changing irrational beliefs that contribute to emotional distress. Developed by renowned psychologist Albert Ellis, REBT provides individuals with practical tools and strategies to challenge and change their negative thinking patterns, leading to improved emotional well-being and enhanced overall functioning.



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

by Windy Dryden (2nd Edition, Kindle Edition)

★★★★★ 5 out of 5

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



Discover the Second Edition Workbook

The Rational Emotive Behaviour Therapy Workbook 2nd Edition is a comprehensive guide that brings the power of REBT directly into your hands. This updated edition incorporates the latest research and practices, offering even more effective techniques to help you overcome emotional barriers and live a more fulfilling life.

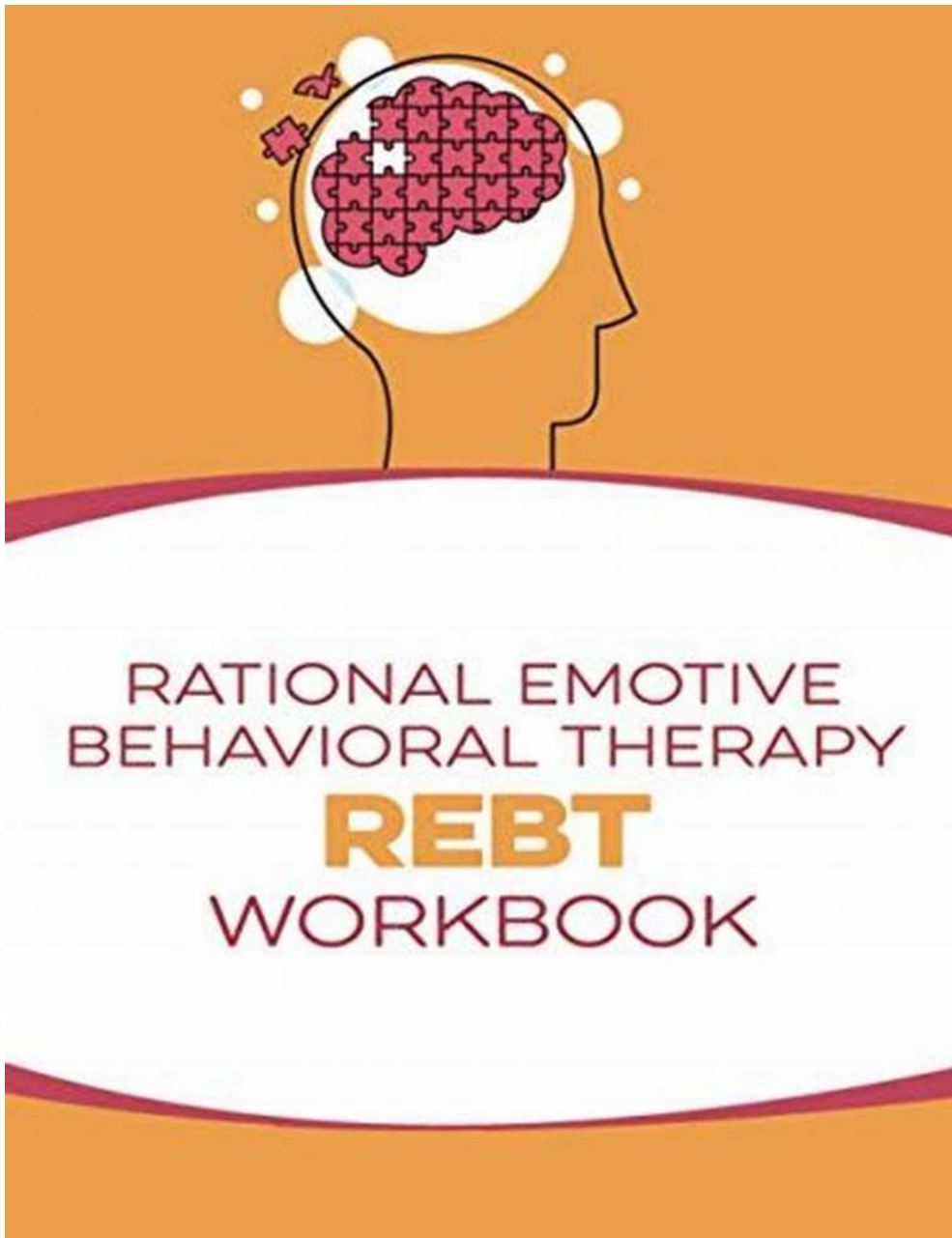
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Features:

- A step-by-step guide to develop your understanding and application of REBT.
- Interactive exercises to challenge irrational beliefs and replace them with rational ones.
- Practical strategies for managing anxiety, stress, anger, and other negative emotions.
- Insights into building healthier relationships and improving communication skills.
- Tools for enhancing self-esteem and developing a positive self-image.
- A self-help approach that empowers you to take control of your emotional well-being.

Unlocking Your Full Potential

By working through the Rational Emotive Behaviour Therapy Workbook 2nd Edition, you will gain a deeper understanding of your own thoughts and emotions. You will learn how to challenge unhelpful beliefs and replace them with rational and empowering ones. This process will enable you to transform your mindset and unlock your full potential for personal and professional success.

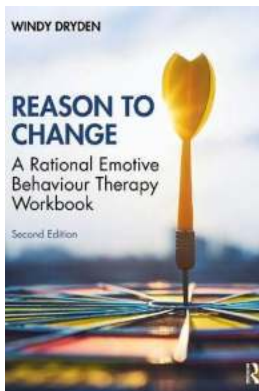


As you progress through the workbook, you will develop practical coping skills to navigate life's challenges with confidence and resilience. With REBT, you will learn to approach difficulties with a proactive and positive mindset, enabling you to overcome obstacles and embrace growth opportunities.

Order Your Copy of the Rational Emotive Behaviour Therapy Workbook 2nd Edition Today!

Don't let negative emotions hold you back from living your best life. The Rational Emotive Behaviour Therapy Workbook 2nd Edition is a valuable resource for anyone seeking personal growth and emotional well-being. Order your copy today and embark on a transformative journey towards unlocking your full potential!

Remember, the power to change lies within you!



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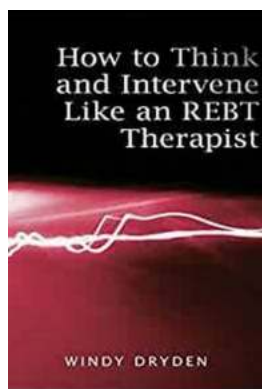
Rational Emotive Behaviour Therapy (REBT) is an approach to counselling and psychotherapy in which great emphasis is placed on how attitudes are at the root of emotional problems and their solution. The first edition of Reason to Change was written as a one-of-a-kind workbook teaching the practical skills of REBT.

In this updated edition, Windy Dryden teaches, in a very specific way, the skills needed to use this therapeutic approach in practice in a thorough and accessible

way. Each skill is explained in detail, and examples are given of how each skill can be put into practice. These skills include:

- developing a problem list and setting goals
- choosing a target problem and assessing a specific example
- examining attitudes
- dealing with your doubts, reservations and objections
- taking action.

By using these skills in an active way, it can be possible to address effectively emotional problems such as anxiety, depression, shame, guilt, hurt, unhealthy anger, unhealthy jealousy and unhealthy envy. This book can be used by people on their own, and by those who are consulting an REBT therapist. It will also be of interest to therapists and counsellors.



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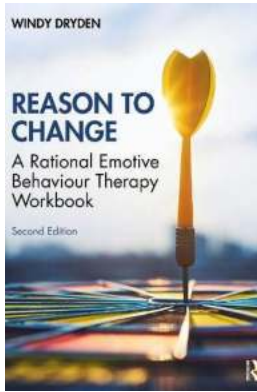
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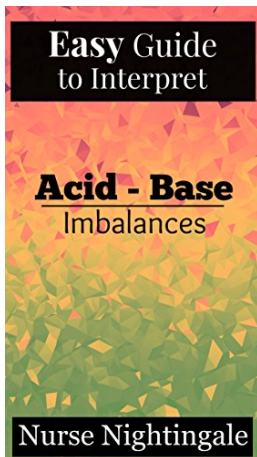
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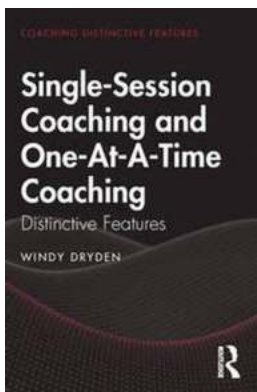
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