



Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy: A Client's Guide

Windy Dryden

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Dealing with Emotional Problems offers clear, practical advice on how to deal with some of the most common emotional difficulties.

Rational-Emotive Cognitive Behaviour Therapy (RECBT) is a technique that encourages a direct focus on emotional problems, helping you to understand the thoughts, beliefs and behaviours that cause you to maintain these problems. This understanding will enable you to overcome problems and lead a happier and more fulfilling life.

The book begins by outlining foundations of emotional problems. Each problem is then presented in a similar way, allowing the reader to compare and contrast similarities and differences between each emotion, and how to cope with it. This book covers:

- anxiety
- depression
- guilt
- shame
- hurt
- unhealthy anger
- unhealthy jealousy
- unhealthy envy.

Dealing with Emotional Problems Using Rational-Emotive Cognitive Behaviour Therapy can be used on your own or in conjunction with a therapist who can use the *Practitioner's Guide*.

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