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Page 1 of 15 A Brief Introduction To Rational Emotive Behaviour Therapy By Wayne Froggatt Third Ed.(this version Feb 2005) Rational Emotive Behaviour Therapy (REBT ...

a PDF overview of REBT - Rational

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Cognitive Behaviour Therapy: Outline of model - clinpsy.org.uk

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Feeling Good | The website of David D. Burns, MD You owe

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Anger - Wikipedia

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