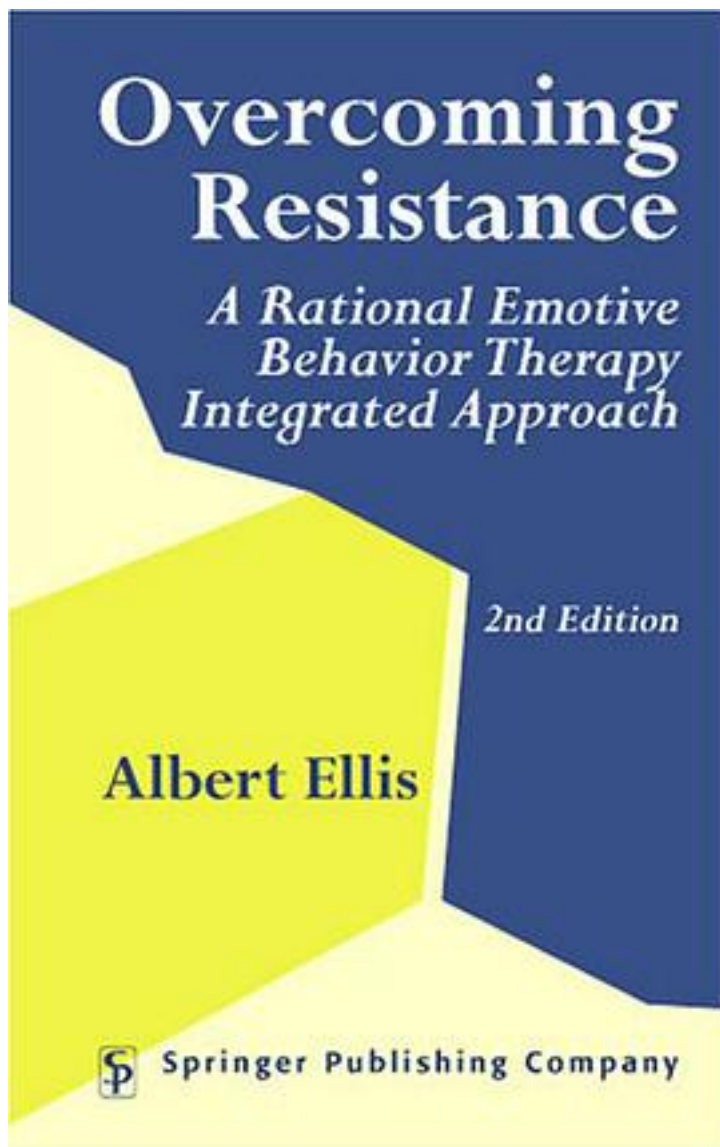


Overcoming Resistance



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著者:Ellis, Albert

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This long-awaited updated edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. He also includes changes in the field of psychotherapy during the last two decades. The content is expanded to integrate new therapies into REBT, including psychotherapy, solution-focused therapy, and recent findings of experimental psychology.

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