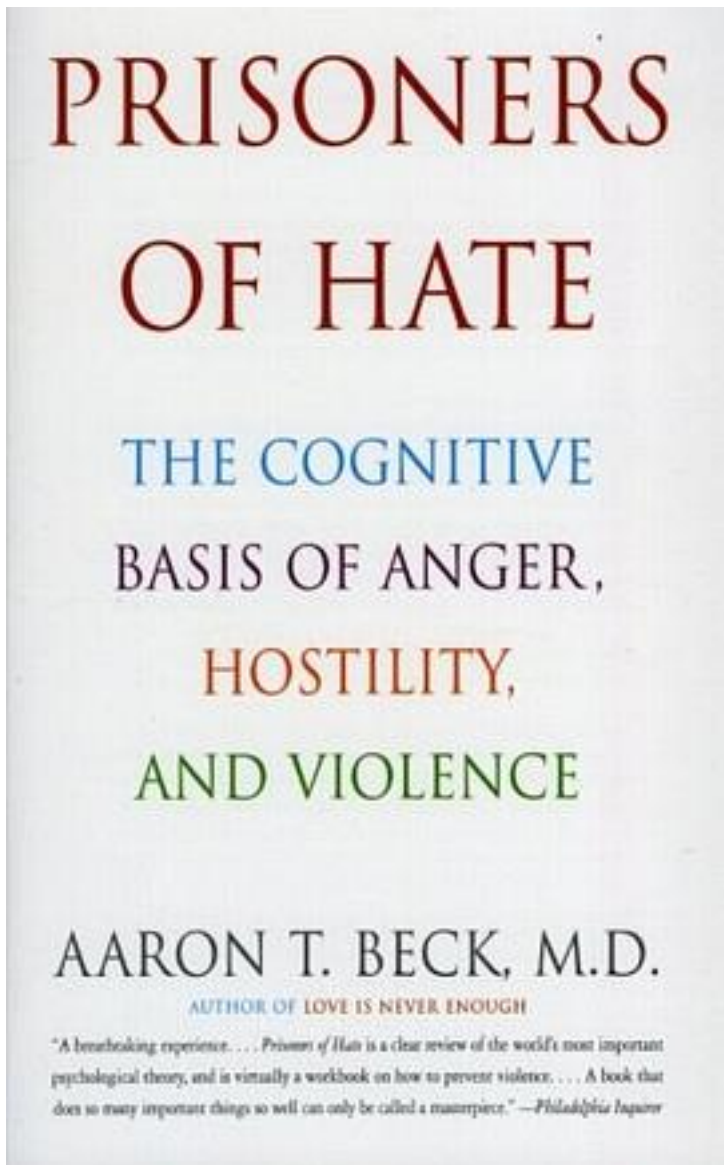


Prisoners of Hate



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著者:Beck, Aaron T.

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World-renowned psychiatrist Dr.Aaron T. Beck, widely hailed as the father of cognitive therapy, presents a revolutionary and eye-opening look at destructive behavior in Prisoners of Hate . He applied his established principles on the relationships between thinking processes and the emotional and behavioral expressions to the dark side of humanity. In fascinating detail, he demonstrates that basic components of destructive behavior-domestic abuse, bigotry, genocide, and war-share common patterns with everyday frustrations in our lives. A book that will radically alter our thinking on violence in all its forms, Prisoners of Hate , provides a solid framework for remedying these crucial problems.

作者介绍:

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