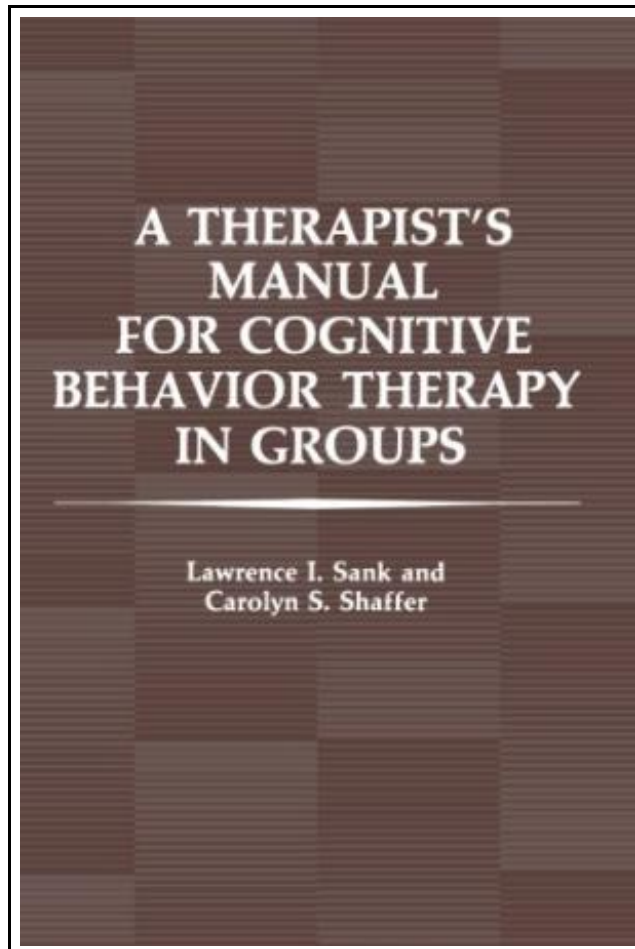


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Springer-Verlag New York Inc., United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.One of the great advantages of rational-emotive therapy (RET) and cognitive behavior therapy (CBT) is that they frequently employ psycho-educational methods-including bibliotherapy, workshops, lectures, courses, recordings, and films. I created RET at the beginning of 1955 after I had abandoned the practice of psychoanalysis because I found it to be highly inefficient and philosophically superficial. Being almost addicted to one-to-one therapy as a result of my analytic training and experience, I at first did RET only with individual clients and found this pioneering form of CBT considerably more effective than the other therapies with which I had experimented. By 1957, however, I realized that RET could be taught to large numbers of persons through self-help books and articles and that RET-oriented writings could not only prove valuable to the general public but that they could also be successfully employed to hasten and intensify the therapy of my individual clients. I therefore wrote a number of RET self-help books-especially *How to Live with a Neurotic* (1957), *Sex without Guilt* (1958), *A New Guide to Rational Living* (with Robert A. Harper; original edition, 1961), and *A Guide to Successful Marriage* (with Robert A. Harper, 1961). Softcover reprint of the original 1st ed. 1984.



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