



## Think Your Way to Happiness (Overcoming common problems)

By Dryden, Dr. Windy

Sheldon Press, 1990. Condition: New. 1990. Paperback. Based on "Rational Emotive Therapy" by Paul Hauck. Rational Emotive Therapy helps you learn to take control of your life and feelings by recognizing where your reactions are caused by ideas which are false and self-defeating. This book offers solutions to such feelings as anxiety and guilt. Series: Overcoming common problems. Num Pages: 160 pages. BIC Classification: VSP. Category: (G) General (US: Trade). Dimension: 215 x 139 x 12. Weight in Grams: 216. . . . .



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