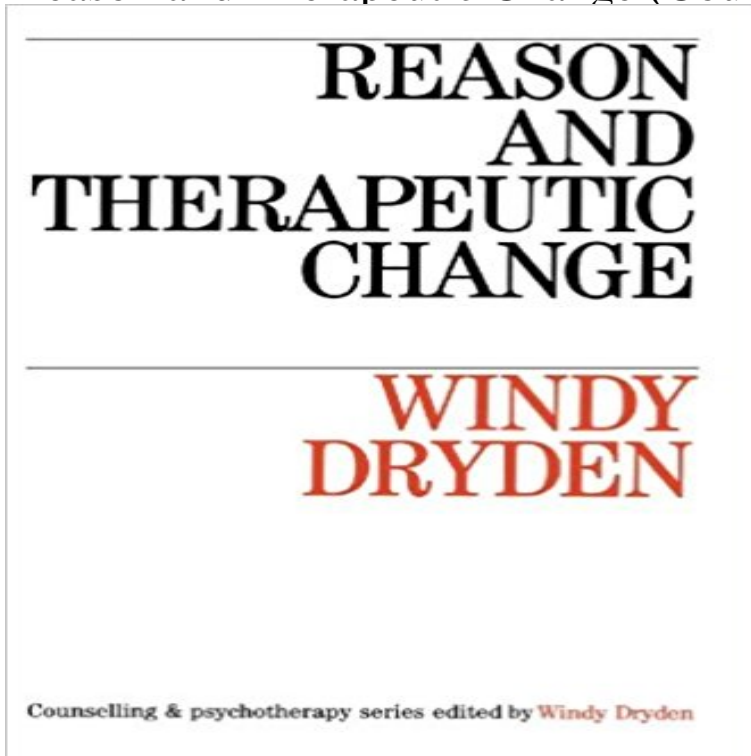


## Reason and Therapeutic Change (Counselling and Psychotherapy)



Draws together virtually all the authors writings on rational-emotive therapy (RET) that were published as journal articles or book chapters during the period 1979-1990. The book opens with an overview of RET theory and concludes with an outline of how the author has used RET on a personal level.

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