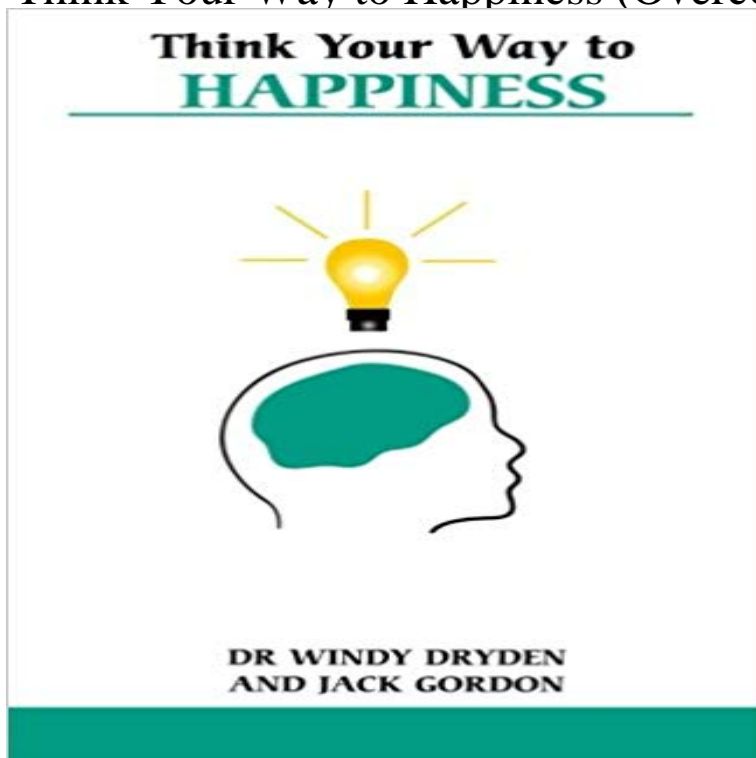


Think Your Way to Happiness (Overcoming common problems)



This text is 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 feelings of anxiety, depression, guilt, anger and hostility, love problems, shame and embarrassment, and problems of self-discipline. It promotes proper care of emotional health.

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