



## **REBT Shame Workbook (Rational Emotive Behavior Therapy (REBT) Learning Program)**

By Tim Sheehan

Hazelden Publishing. Pamphlet. Condition: New. New copy - Usually dispatched within 2 working days.



## Reviews

The most effective publication i ever go through. It really is writter in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

## -- Ila Pfeffer IV

This ebook may be worth getting. I actually have read through and i am sure that i am going to likely to read through again once more down the road. You will not sense monotony at whenever you want of your respective time (that's what catalogues are for relating to should you check with me). -- **Mr. Golden Flatley** 

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