

Библиография

Примечание: Ссылки на литературу, приведенные в тексте, выделены жирным шрифтом. Пункты, отмеченные звездочкой (*) в следующем списке, рекомендуются для тех из вас, кто хотел бы получить более подробную информацию о рациональной эмоционально-поведенческой терапии (РЭПТ) и когнитивно-поведенческой терапии (КПТ). Те, которые отмечены двумя звездочками (**), относятся к книгам и материалам по самопомощи в области РЕВТ и СВТ. Многие из этих публикаций можно получить в Институте Альберта Эллиса по адресу: 10021-6593, Нью-Йорк, Восточная 65-я улица, 45. Бесплатный каталог института и распространяемые им материалы можно заказать в будние дни по телефону (212-535-0822) или по факсу (212-249-3582). Институт продолжит предоставлять доступ к этим и другим материалам, а также проведет презентации, мастер-классы и тренинги, а также другие презентации в области развития человека и здорового образа жизни, которые будут представлены в его регулярном бесплатном каталоге. Институт также предлагает корпоративные консультации и обучение. Некоторые из перечисленных здесь источников не упоминаются в тексте, особенно ряд материалов для самопомощи.

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