

Problem-Solving Therapy Set: Two-Book Set: Problem-Solving Therapy: A Positive Approach to Clinical Interventions, Third Edition, and Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being

By Thomas D'Zurilla PhD, Arthur M. Nezu PhD ABPP, Christine Maguth Nezu PhD ABPP





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This two book set features the third edition of the very popular *Problem-Solving Therapy: A Positive Approach to Clinical Intervention* by Thomas J. D'Zurilla and Arthur M. Nezu, along with its informal "manual" accompaniment, *Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being* by D'Zurilla, Nezu, and Christine Maguth Nezu.

In the new updated edition of *Problem-Solving Therapy*, the authors present some of the most useful advances in problem-solving therapy (PST) today. An excellent resource for maximizing positive patient outcomes, this all-inclusive guide helps enhance your problem solving skills and apply successful clinical techniques to help your clients improve their lives. Known for its presentation of solid research results and effective PST training tools, this best-selling guide has been fully updated. *Solving Life's Problems* is a more practical, hands-on guide, drawing on the decades of clinical research behind *Problem-Solving Therapy* to offer accessible and effective problem-solving skills for coping with life's difficulties. As such it is written not only for professionals advising clients but for anyone and everyone facing any sort of problem, from stress, depression, and anxiety, to martial difficulties, health conditions, and substance abuse.

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