



Problem-Solving Therapy: A Social Competence Approach to Clinical Intervention (Springer Series on Behavior Therapy and Behavioral Medicine)

Thomas J. D'Zurilla, Arthur M. Nezu

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An introduction and guide for therapists and counselors in the mental health professions to the approach as a reliable clinical treatment, health maintenance strategy, and prevention program. Includes a treating manual for increasing adaptive coping and behavioral competence and reducing daily stre

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