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Sommario/riassunto	Emotion Focused Cognitive Therapy argues that it is time for a new focus in psychotherapy based on emotion, and presents an innovative approach to the treatment of clients with emotional disorders. Features an approach based on the latest work in cognition and emotionOffers psychologists an innovative way of working in therapyDraws on the strengths evidence-based cognitive behavioural and interpersonal approaches to psychotherapyProvides relevant case examples throughout the textAdditional resources for the book available online <a href="" http://www.ipsp.ucl.ac.b