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Sommario/riassunto	Logic-Based Therapy (LBT) is a dynamic, philosophical, logical, and eclectic form of cognitive-behavior therapy that is closely aligned with the theory known as Rational-Emotive Behavior Therapy (REBT). It is based on the idea that people behaviorally and emotionally upset themselves by deducing self-defeating, unrealistic, or destructive conclusions from irrational premises. Teaching how to identify, refute, and construct rational ""antidotes"" to these fallacious premises through the use of l...