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Sommario/riassunto	In this groundbreaking guide for clinicians, best-selling author Matthew McKay presents emotional efficacy therapy (EET)-a powerful and proven-effective model for treating clients with emotion regulation disorders, including depression, anxiety, post-traumatic stress disorder (PTSD), bipolar disorder, and borderline personality disorder (BPD). Using the brief, transdiagnostic, and exposure-based approach in this book, clinicians can help their clients manage difficult emotions, curb negative reactions, and start living a better life.