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Sommario/riassunto	Relaxation is the world's most popular therapy--used by more psychologists, counselors, social workers, and rehabilitation specialists than any other tool. ABC Relaxation Theory offers a new treatment strategy by presenting and enhancing the effectiveness of current relaxation treatments into an approach tailored to each client. Based on the most ambitious scientific exploration of relaxation (20 studies and 5,000 subjects from all cultures and walks of life), Smith presents some of his groundbreaking findings, including the first demonstration and replication of differences among African Amer