



Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings

Leslie S. Greenberg

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In *Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings*, Leslie S. Greenberg offers therapists an exciting new approach to helping clients live in harmony with head and heart. While most current books on coping emphasize mind over mood, and biological psychiatry offers psychotropic medication to regulate emotion, Greenberg proposes that, rather than controlling or avoiding emotions, clients can learn from their own bodily reactions and begin to act sensibly on them. Expressing emotion in ways that are appropriate to context is a highly complex skill, and one that is rarely taught. Rich in clinical wisdom, practical guidance, and case illustration, this book provides an empirically supported model of training clients to attain emotional wisdom.

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