

**Reality Therapy In Action By Peter Breggin M.D.,
William Glasser**

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Summary. "Dr. Glasser's therapy is based on inescapable truths: Meaningful relationships are central to the good life, the choices we make will determine their

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Reality Therapy explores the history, theory, research, and practice of this choice-focused approach to psychotherapy.

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5). Reality Therapy in Action: Brief Vignettes. Similar to Adlerian therapy, reality therapy involves encouragement and intentional planning.

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Life (Glasser 1984) Choice Theory (Glasser, 1998), Reality Therapy in Action (Glasser, 2000). Leading to his most recent works Warning: Psychiatry Can Be

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Reality therapy maintains that the biggest reason a person is in pain and acting out is because he/she lacks that one important 'other

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Reality Therapy was developed in the mid-sixties by William Glasser MD, an American Counseling With Choice Theory (formerly "Reality Therapy in Action")

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