



# Emotion Rituals: A Resource for Therapists and Clients

*David W. McMillan*

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Cognitive behavior therapy does not typically include the use of emotion in its treatment protocols. *Emotion Rituals* addresses this omission with a thorough discussion of the interplay between thoughts and emotions as vital to the therapeutic process. McMillan's emotion rituals allow clients to apply what they learn in therapy sessions to daily life, fostering continual growth outside of the therapy hour and increasing the effectiveness of each session.

McMillan's unique writing style imparts hard facts and theoretical discussion in a conversational tone, presenting new and complicated ideas in a readable and comprehensible manner. Each chapter is devoted to one emotion, and the rituals are suitable for use by both client and therapist, allowing them each to better understand emotion and emotional responses. The result is an accessible and lively text that offers an original approach to healing through feelings.

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