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By Thomas E. Ellis .pdf**

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Expert bios - tom ellis, psyd - the menninger

Ellis is the author of *Cognition and Suicide: How to Defeat Suicide through Cognitive Therapy*. The Menninger Clinic.
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Ellis, T. & Newman, C. (2008). Choosing to Live: How to Defeat Suicide Through Cognitive Behavioral Therapy. Grand Rapids, MI 49546

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Choose to live! - a book of self empowerment

Table of Contents. 1. You are more than what you seem to be. 2. Only you can decide what is best for you (and the same goes for everyone else). 3.

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