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Alcohol: How to Give it Up and Be Glad You Did, A Sensible Approach - Philip Tate, Ph.D. (Rational Self-Help Press, Altamonte Spring, FL - 1993)

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## **Albert ellis - wikipedia, the free encyclopedia**

He held M.A. and Ph.D. degrees in When AA Doesn't Work For You: Rational Steps to Quitting Alcohol, How to Give It Up and Be Glad You Did, with Philip

## **Rational recovery: the new cure for substance**

Alcohol: How to Give It Up and Be Glad You Did. Philip Tate PhD. 3. Paperback. CDN\$ 14.40 Prime. Kick the DrinkEasily! Jason Vale. 4. Paperback.

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By Philip Tate, Ph.D. Editor, SMART Recovery News & Views, and Author, Alcohol: How to Give It Up and Be Glad You Did . Philip Tate, PhD (Author),

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