# THE DUMBEST MISTAKES SMART PEOPLE MAKE HOW TO AVOID THEM

Simple and Sure Techniques for Gaining Greater Control of Your Life

Dr. Arthur Freeman & Rose DeWolf
Preface by Aaron T. Beck, M.D.

# Ten Dumbest Mistakes Smart People Make And How To Avoid Them

**Albert Ellis, Raymond Chip Tafrate** 

#### Ten Dumbest Mistakes Smart People Make And How To Avoid Them:

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