

In *A Life Worth Living: A Memoir*, Dr. Marsha Linehan reflects on her personal experiences and the development of Dialectical Behavior Therapy (DBT). Drawing from both Eastern and Western traditions, she shares how spirituality and philosophy shaped her work.

WHICH PHILOSOPHICAL PRINCIPLE UNDERPINS THE STRUCTURE OF DBT?

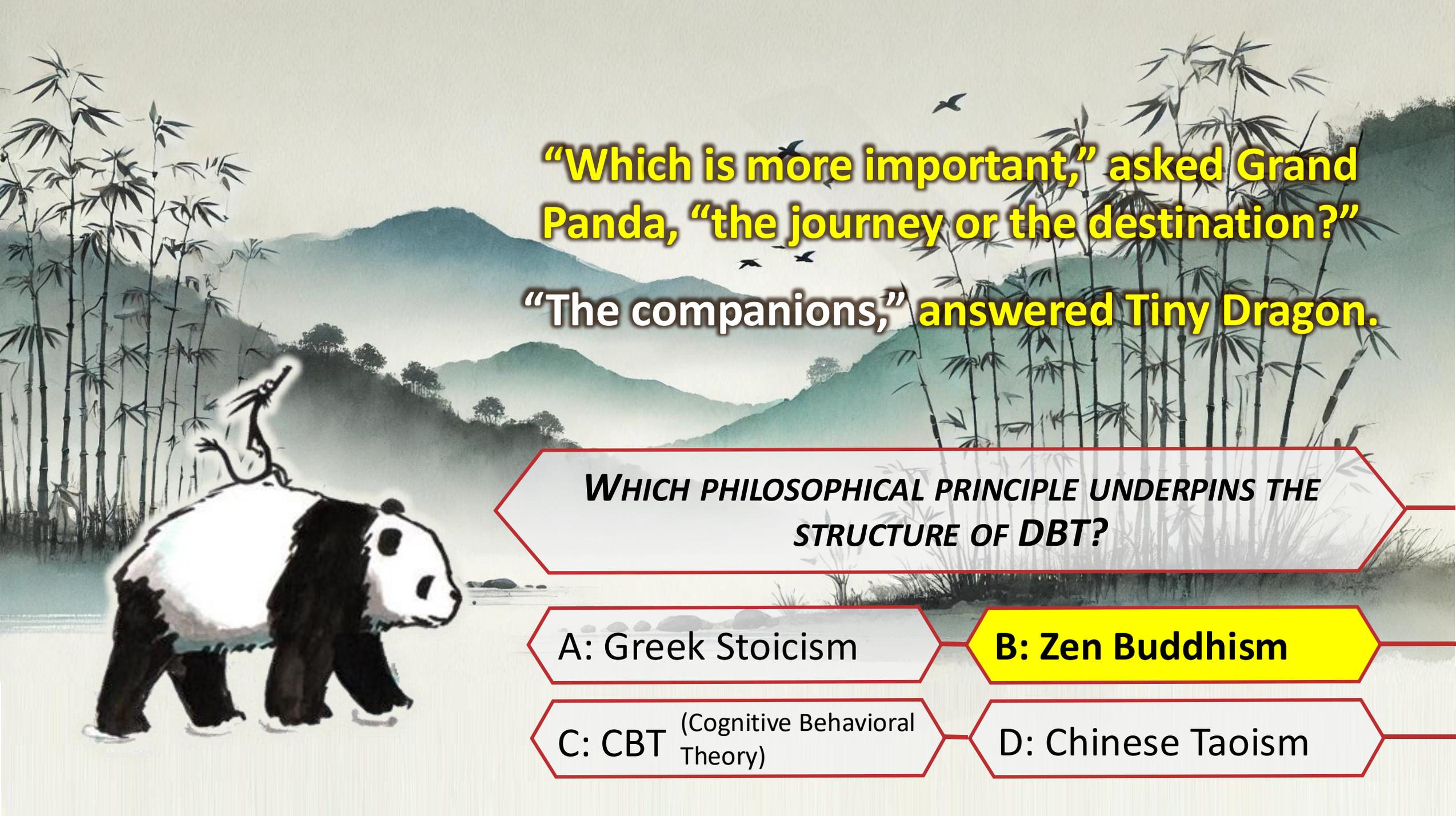
A: Greek Stoicism

B: Zen Buddhism

C: CBT (Cognitive Behavioral Theory)

D: Chinese Taoism





“Which is more important,” asked Grand Panda, “the journey or the destination?”

“The companions,” answered Tiny Dragon.

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