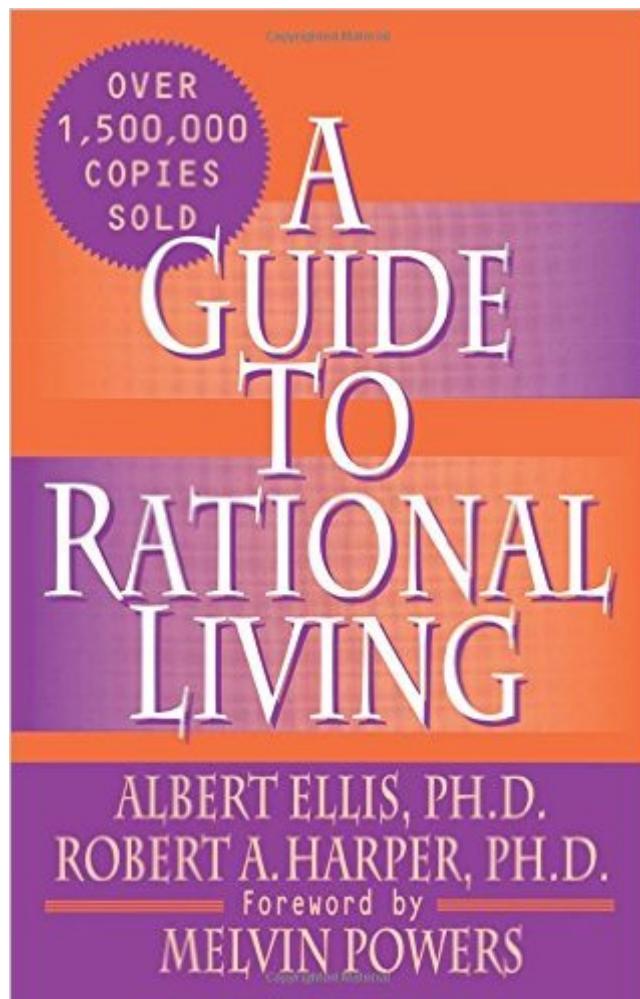


The book was found

A Guide To Rational Living



Synopsis

Direct, get-to-the-heart-of-the-problem methods to teach you what you do to needless upset yourself and make yourself emotionally stronger by the creators of the most popular forms of therapy in the world.

Book Information

Paperback: 233 pages

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (173 customer reviews)

Best Sellers Rank: #10,376 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #41 inÂ Books > Health, Fitness & Dieting > Mental Health > Emotions #52 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology

Customer Reviews

Albert Ellis is the grand-daddy of modern psychology, and this book is the classic. While many psychologists and authors focus on one or several "pet techniques," Ellis and this book show you how to adapt an integrated set of rational (cognitive), emotive, and behavioral tools to your personal situations. And Ellis writes this and many of his other books for us non-psychologists...not just for "professionals." The book starts by briefly summarizing the results of Ellis' ground-breaking work on what we do that causes us to feel and behave differently than we want. The author then teaches his general cognitive system...which includes very specific instructions...on how to change these feelings, behaviors, and thoughts. Ellis terms this system the "A, B, C, D" method of "disputing" irrational thoughts that are "irrational" because they (i) are not true and (ii) produce results that we don't want. The book then moves beyond this general system and shows you how to easily use cognitive, emotive, and behavioral tools to effectively stop your unwanted patterns. While the methods are extremely user-friendly, they do require work...beyond the reading. Because this book shows how to effectively tackle a wide variety of patterns...the following is a partial list of chapters:1. Overcoming the influences of your past2. Refusing to be desperately unhappy3. Tackling dire needs

for approval4. Eradicating dire fears of failure5. How to feel undepressed though frustrated6.

Conquering anxiety7. Acquiring self-discipline...and others.

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