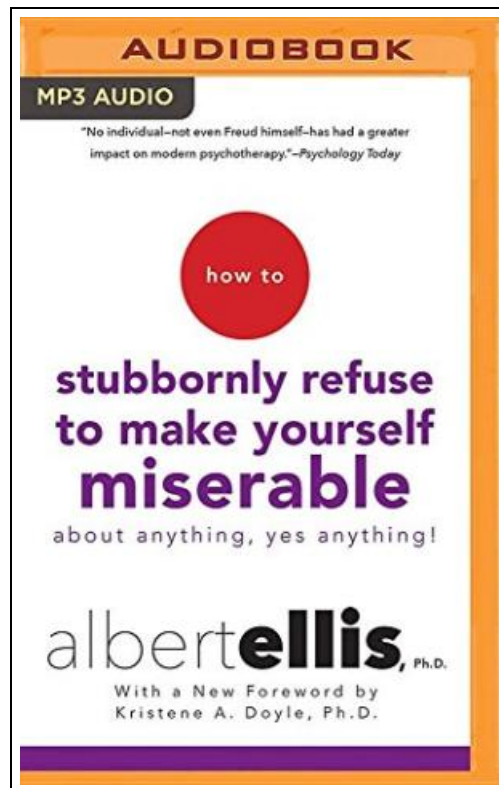


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BRILLIANCE AUDIO, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Repackaged with a stunning new cover and an insightful new foreword, this book is one of six Dr. Albert Ellis How To titles to be reissued by Citadel in 2016-2017. Widely recognized as a pioneer of 20th century psychotherapy, Albert Ellis s works have stood the test of time, and continue to serve as the cornerstone of the Albert Ellis Institute, which has centers in 6 American cities and 20 countries abroad. This acclaimed self-help classic has already helped thousands of readers to better their lives with the techniques and practices Dr. Ellis developed. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you ll find in this landmark book. World renowned therapist Dr. Albert Ellis, who created Rational-Emotive Behavior Therapy (REBT), believed that anger, anxiety, and depression are not only unnecessary, they re unethical, because when we allow ourselves to become emotionally upset, we re being unfair and unjust to ourselves. Thinking negative thoughts is a choice we can refuse to make. Applying the proven, time-tested principles of REBT is a simple, logical way to find true mental health and happiness. REBT acknowledges the power of emotions, but it also helps us understand which feelings are healthy and which are not. This classic book teaches you how to: *Retrain your brain to focus on the positive aspects of your life and face each obstacle without unnecessary despair *Control your emotional destiny *Refuse to upset yourself about upsetting yourself *Solve practical problems as well as emotional problems *Conquer the tyranny of shoulds and much more, providing all the...



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