

New Guide To Rational Living Albert Ellis

This New York Times and Wall Street Journal bestseller shows us that America's political system isn't broken. The truth is scarier: it's working exactly as designed. In this "superbly researched" (The Washington Post) and timely book, journalist Ezra Klein reveals how that system is polarizing us—and how we are polarizing it—with disastrous results. "The American political system—which includes everyone from voters to journalists to the president—is full of rational actors making rational decisions given the incentives they face," writes political analyst Ezra Klein. "We are a collection of functional parts whose efforts combine into a dysfunctional whole." "A thoughtful, clear and persuasive analysis" (The New York Times Book Review), *Why We're Polarized* reveals the structural and psychological forces behind America's descent into division and dysfunction. Neither a polemic nor a lament, this book offers a clear framework for understanding everything from Trump's rise to the Democratic Party's leftward shift to the politicization of everyday culture. America is polarized, first and foremost, by identity. Everyone engaged in American politics is engaged, at some level, in identity politics. Over the past fifty years in America, our partisan identities have merged with our racial, religious, geographic, ideological, and cultural identities. These merged identities have attained a weight that is breaking much in our politics and tearing at the bonds that hold this country together. Klein shows how and why American politics polarized around identity in the 20th century, and what that polarization did to the way we see the world and one another. And he traces the feedback loops between polarized political identities and polarized political institutions that are driving our system toward crisis. "Well worth reading" (New York magazine), this is an "eye-opening" (O, The Oprah Magazine) book that will change how you look at politics—and perhaps at yourself.

A New York Times Bestseller An important overview of the way our justice system works, and why the rule of law is essential to our survival as a society—from the one-time federal prosecutor for the Southern District of New York, and host of the *Doing Justice* podcast. Preet Bharara has spent much of his life examining our legal system, pushing to make it better, and prosecuting those looking to subvert it. Bharara believes in our system and knows it must be protected, but to do so, he argues, we must also acknowledge and allow for flaws both in our justice system and in human nature. Bharara uses the many illustrative anecdotes and case histories from his storied, formidable career—the successes as well as the failures—to shed light on the realities of the legal system and the consequences of taking action. Inspiring and inspiringly written, *Doing Justice* gives us hope that rational and objective fact-based thinking, combined with compassion, can help us achieve truth and justice in our daily lives. Sometimes poignant and sometimes controversial, Bharara's expose is a thought-provoking, entertaining book about the need to find the humanity in our legal system as well as in our society.

The author provides ten steps which answer such fundamental questions as "What is happiness?" "What does it mean to be ethical in a world that is less than ethical?" and "How can I find the strength I need to cope with the problems of my life?"

This eminently useful guide presents an up-to-date framework for Rational-Emotive Cognitive-Behavioral Coaching (RE-CBC), from basic concepts, techniques, and applications to evidence of how and why this versatile method works. It details how RE-CBC synthesizes the rational thinking, cognitive disputing, and semantic training traditions of RE and CB therapies into coaching strategies for solving problems or furthering personal development. The book's sections on process and techniques demonstrate the flexibility of the method as used in a variety of settings toward a gamut of purposes, illustrating Albert Ellis' central goal of long-term happiness through rational living. And specialized chapters offer applications of RE-CBC to familiar coaching domains (life, health, family, motivation) as well as to the complex worlds of business and organizations. Included in the coverage: · Coaching for rational living: rational-emotive, cognitive-behavioral perspectives. · Psychological blockers to successful coaching outcomes. · Enhancing positive psychology coaching practice. · Assessment, case formulation, and intervention models. · A step-based framework for coaching practice. · Plus: applications of Rational-Emotive Cognitive-Behavioral Coaching, including motivational, parent/family, workplace stress management, organizational change, school success, and sports performance. Coaching for Rational Living is a robust practice-building resource for coaches, psychologists, counselors, and health professionals, particularly mental health practitioners who use rational-emotive and cognitive-behavioral therapy and coaching.

"... Dozens of real-life case examples, detailed descriptions of self-help action steps ... [to help] overcome anxiety, depression, rage, self-hate, or self pity ... "--Cover.

Two psychotherapists relate the nature and success of their rational-emotive approach to solving mental and emotional problems and present actual case histories

Updated resource for practicing therapists from the father of rational therapy. Modern cognitive-behavioral therapy has its roots in the rational approach created by Ellis in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of therapists using REBT. Includes a thorough description of REBT theory and procedures, case examples, exercises. Major themes include: The Theory of Rational Emotive Behavior Therapy; The Practice of REBT; The Main Cognitive Techniques of REBT; The Main Emotive and Experiential Techniques of REBT; The Main Behavioral Techniques of REBT; The Integration of REBT with Other Psychotherapies; Summary and Conclusions."

Download File PDF New Guide To Rational Living Albert Ellis

Adventure abounds when a toy comes to life in this classic novel! It's Omri's birthday, but all he gets from his best friend, Patrick, is a little plastic warrior figure. Trying to hide his disappointment, Omri puts his present in a metal cupboard and locks the door with a mysterious skeleton key that once belonged to his great-grandmother. Little does Omri know that by turning the key, he will transform his ordinary plastic toy into a real live man from an altogether different time and place! Omri and the tiny warrior called Little Bear could hardly be more different, yet soon the two forge a very special friendship. Will Omri be able to keep Little Bear without anyone finding out and taking his new friend away?

For undergraduate and graduate courses in Child Therapy and Counseling. Preeminent psychologist Dr. Albert Ellis combines forces with other renowned therapists to create this rare and inclusive book that captures the realities of counseling with children. Rather than using a traditional case study approach, this work features verbatim transcripts that convey real issues ranging from anger management and self-esteem to peer pressure and bed-wetting.

We all have feelings, it's what we do with them that counts. Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them in trouble or hurt others. Concepts include: 11 common irrational beliefs and self-talk 10 cognitive distortions 5-step self-analysis and improvement process 5 "hot" connecting links 4 anger myths 3 major "musts" that shape our irrational behaviors self help sections for anxiety, anger, & depression An essential book for anyone teaching anger management and emotional skills. From Parents Press

With a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "Albert Ellis has written many books on his favorite topic Rational Emotive Behavior Therapy. Although he writes on that topic very well, he often does not write about generic psychotherapy. REBT is an integrative form of psychotherapy. Following this model, psychotherapists can incorporate many diverse techniques and strategies to change clients' dysfunctional behaviors and emotions . Much of what AI identifies as good REBT in this book is just good psychotherapy. Because people so universally identify AI with REBT, people may generally overlook his wisdom as a clinician. Having worked with AI for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from AI and cherish the most is not necessarily about REBT theory. They concern wise ways of thinking about clinical problems. That is why, out of all AI's books, this is my favorite. This is AI Ellis, the clinician." -- From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University Now available in an affordable paperback, this edition takes a look at the underlying causes of resisting cognitive-emotional-behavioral change and the methods used to overcome them. Written in present-action language, Ellis gives an overview of the basic principles of Rational Emotive Behavior Therapy and Cognitive Behavior Therapy. Ellis charts the changes in the field that have taken place in the 20 years leading up to 2002, when this edition was originally published. The book also integrates recent therapies into REBT, including psychotherapy, solution-focused therapy, and

recent findings of experimental psychology.

Two psychotherapists describe the nature and success of their rational-emotive approach to solving mental and emotional problems and present actual case histories

“No individual—not even Freud himself—has had a greater impact on modern psychotherapy.” --Psychology Today CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY From social anxiety to phobias to post-traumatic stress disorder, sources of anxiety in daily life are numerous, and can have a powerful impact on your future. By following the rules of Rational Emotive Behavior Therapy (REBT), created by world renowned therapist Dr. Albert Ellis, you can stop anxiety in its tracks if you will admit this important fact: Things and people do not make you anxious. You do. Your unrealistic expectations produce your needless anxiety. Yet not all anxiety is needless... Healthy anxiety can ward off dangers and make you aware of negative things that you can change. Unhealthy anxiety inhibits you from enjoying everyday activities and relationships, causes you to perform poorly, and blocks your creativity. Using the easy-to-master, proven precepts of REBT, this classic book not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to: •Understand and dispute the irrational beliefs that make you anxious •Use a variety of exercises, including rational coping self-statements, reframing, problem-solving methods, and Unconditional Self-Acceptance (USA), to control your anxiety •Apply over 200 maxims to control your anxious thinking as well as your bodily reactions to anxiety ...and much more, including examples from dozens of cases Dr. Ellis treated successfully. Now you can overcome the crippling effects of anxiety—and increase your prospects for success, pleasure, and happiness at home and in the workplace.

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 tools you need to take back your life—and your happiness. If you can refuse to make yourself miserable, you're that much closer to making yourself happy—every day.

"Damasio undertakes nothing less than a reconstruction of the natural history of the universe. . . . [A] brave and honest book." --The New York Times Book Review The Strange Order of Things is a pathbreaking investigation into

homeostasis, the condition that regulates human physiology within the range that makes possible not only survival but also the flourishing of life. Antonio Damasio makes clear that we descend biologically, psychologically, and even socially from a long lineage that begins with single living cells; that our minds and cultures are linked by an invisible thread to the ways and means of ancient unicellular existence and other primitive life-forms; and that inherent in our very chemistry is a powerful force, a striving toward life maintenance that governs life in all its guises, including the development of genes that help regulate and transmit life. *The Strange Order of Things* is a landmark reflection that spans the biological and social sciences, offering a new way of understanding the origins of life, feeling, and culture. www.antoniodamasio.com

With a New Foreword by Raymond A. DiGiuseppe, Ph.D. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY

Anger. It's one of our most basic, and often most destructive, human emotions. And in today's world, it's a constant, escalating force, from road rage to domestic abuse, from teen violence to acts of terrorism. More than ever we need effective ways to live with it, understand it—and learn to deal with it. This landmark book from world-renowned psychotherapist Dr. Albert Ellis, creator of Rational Emotive Behavior Therapy (REBT), shows you how. Presented in a simple step-by-step program that anyone can master, the proven, time-tested principles of REBT teach you to manage and even eliminate anger, without sacrificing necessary assertiveness. Here you'll discover: *What exactly is anger, and must you feel it? *How you create your own anger*Methods of thinking, feeling, and acting your way out of anger *Why holding on to anger is sometimes fun—and how to let it go *How to use REBT to cope with tragic events that are far beyond our control ...and much more, including numerous real-world case studies, plus a comprehensive, critical analysis of the various approaches to this age-old problem. Whether at home or at work, in a personal or political context, this breakthrough approach will enable you to take control of the anger that can stand in the way of success and happiness.

Extensively updated to include clinical findings over the last two decades, this third edition of *A Practitioner's Guide to Rational-Emotive Behavior Therapy* reviews the philosophy, theory, and clinical practice of Rational Emotive Behavior Therapy (REBT). This model is based on the work of Albert Ellis, who had an enormous influence on the field of psychotherapy over his 50 years of practice and scholarly writing. Designed for both therapists-in-training and seasoned professionals, this practical treatment manual and guide introduces the basic principles of rational-emotive behavior therapy, explains general therapeutic strategies, and offers many illustrative dialogues between therapist and patient. The volume breaks down each stage of therapy to present the exact procedures and skills therapists need, and numerous case studies illustrate how to use these skills. The authors describe both technical and specific strategic interventions, and they stress taking an integrative approach. The importance of building a therapeutic alliance and the

use of cognitive, emotive, evocative, imaginal, and behavioral interventions serves as the unifying theme of the approach. Intervention models are presented for the treatment of anxiety, depression, trauma, anger, personality disorders, and addictions. Psychologists, clinical social workers, mental health counselors, psychotherapists, and students and trainees in these areas will find this book useful in learning to apply rational-emotive behavior therapy in practice.

This anthology contains excerpts from some thirty-two important 17th and 18th century moral philosophers. Including a substantial introduction and extensive bibliographies, the anthology facilitates the study and teaching of early modern moral philosophy in its crucial formative period. As well as well-known thinkers such as Hobbes, Hume, and Kant, there are excerpts from a wide range of philosophers never previously assembled in one text, such as Grotius, Pufendorf, Nicole, Clarke, Leibniz, Malebranche, Holbach and Paley.

Reissued with a new foreword by Raymond DiGiuseppe, PhD, ScD, St. John's University "New trainees often get the theory of psychopathology; they struggle to get the case conceptualization and the strategic plan. Then they ask themselves. "What do I do now?" Going from the abstractions to the actions is not always clear. The Practice of Rational Emotive Behavior Therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques....The structure of this books focuses on an explication of the theory, a chapter on basic practice, and a chapter on an in depth case study. A detailed chapter follows on the practice of individual psychotherapy. Although the book is not broken into sections, the next four chapters represent a real treasure. The authors focus on using REBT in couples, family, group, and marathons sessions. Doing REBT with one person is difficult to learn. Once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated. These chapters will not only help the novice clinician but also the experienced REBT therapists work better in these types of sessions. So, consider yourself lucky for having picked up this book. Reading it will help many people get better." - From the Foreword by Raymond DiGiuseppe, PhD, ScD, Director of Professional Education, Albert Ellis Institute; Professor and Chair, Department of Psychology, St. John's University This edition, involving a unique collaboration between Albert Ellis and the world's greatest Ellis scholar, Windy Dryden, modernizes Ellis's pioneering theories. The book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities, including individual, couple, family, and sex therapy. The authors have added material new since the book's original edition on teaching the principles of unconditional self-acceptance in a structured group setting. With extensive use of actual case examples to illustrate each of the different settings, and a new brand new foreword by Raymond DiGiuseppe that sets the book into its 21st-century context.

NEW YORK TIMES BESTSELLER “In our uncertain age, which can so often feel so dark and disturbing, Steven Pinker has distinguished himself as a voice of positivity.” – New York Times Can reading a book make you more rational? Can it help us understand why there is so much irrationality in the world? Steven Pinker, author of Enlightenment Now (Bill Gates’s “new favorite book of all time”) answers all the questions here Today humanity is reaching new heights of scientific understanding--and also appears to be losing its mind. How can a species that developed vaccines for Covid-19 in less than a year produce so much fake news, medical quackery, and conspiracy theorizing? Pinker rejects the cynical cliché that humans are simply irrational--cavemen out of time saddled with biases, fallacies, and illusions. After all, we discovered the laws of nature, lengthened and enriched our lives, and set out the benchmarks for rationality itself. We actually think in ways that are sensible in the low-tech contexts in which we spend most of our lives, but fail to take advantage of the powerful tools of reasoning we’ve discovered over the millennia: logic, critical thinking, probability, correlation and causation, and optimal ways to update beliefs and commit to choices individually and with others. These tools are not a standard part of our education, and have never been presented clearly and entertainingly in a single book--until now. Rationality also explores its opposite: how the rational pursuit of self-interest, sectarian solidarity, and uplifting mythology can add up to crippling irrationality in a society. Collective rationality depends on norms that are explicitly designed to promote objectivity and truth. Rationality matters. It leads to better choices in our lives and in the public sphere, and is the ultimate driver of social justice and moral progress. Brimming with Pinker’s customary insight and humor, Rationality will enlighten, inspire, and empower.

WINNER OF THE ROYAL SOCIETY SCIENCE BOOK PRIZE An instruction manual for life, love, and relationships by a brilliant young scientist whose Asperger's syndrome allows her--and us--to see ourselves in a different way...and to be better at being human Diagnosed with Autism Spectrum Disorder at the age of eight, Camilla Pang struggled to understand the world around her. Desperate for a solution, she asked her mother if there was an instruction manual for humans that she could consult. With no blueprint to life, Pang began to create her own, using the language she understands best: science. That lifelong project eventually resulted in An Outsider's Guide to Humans, an original and incisive exploration of human nature and the strangeness of social norms, written from the outside looking in--which is helpful to even the most neurotypical thinker. Camilla Pang uses a set of scientific principles to examine life's everyday interactions: - How machine learning can help us sift through data and make more rational decisions - How proteins form strong bonds, and what they teach us about embracing individual differences to form diverse groups - Why understanding thermodynamics is the key to seeking balance over seeking perfection - How prisms refracting light can keep us from getting overwhelmed by our fears and anxieties, breaking them into manageable and separate

"wavelengths" Pang's unique perspective of the world tells us so much about ourselves--who we are and why we do the things we do--and is a fascinating guide to living a happier and more connected life.

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY Lost enough loves for three lifetimes? Want to break bad habits and replace them with good ones that last? Whether you are male or female, single or married, gay or straight, Rational-Emotive Behavior Therapy (REBT), created by world renowned therapist Dr. Albert Ellis, can help anyone—at any age—learn to maintain healthy and lasting love. Simple and effective, the proven REBT techniques in this landmark book show you how to relate lovingly and intimately, for the long-term. Using a nonjudgmental approach, here is more than just a guide to getting along better with a “significant other.” You’ll also find help for improving relationships with friends, children, and even in-laws. Discover practical information on: *Getting Your Relationships Together by Getting Yourself Together *Realistic Views of Couplehood *Communicating and Problem-Solving *Better Sex for Better Couplehood *Saving Time and Money and Enjoying Life More *Having or Not Having Children *Building a Deep and Lasting Relationship *Self-coping statements and exercises to keep you emotionally fit ...and much more to help you take matters into your own hands—and heart—and stop the cycle of relationship ruin. With healing doses of wisdom and humor, Dr. Ellis puts you firmly on the path toward a lifetime of love.

How America's high standard of living came to be and why future growth is under threat In the century after the Civil War, an economic revolution improved the American standard of living in ways previously unimaginable. Electric lighting, indoor plumbing, motor vehicles, air travel, and television transformed households and workplaces. But has that era of unprecedented growth come to an end? Weaving together a vivid narrative, historical anecdotes, and economic analysis, *The Rise and Fall of American Growth* challenges the view that economic growth will continue unabated, and demonstrates that the life-altering scale of innovations between 1870 and 1970 cannot be repeated. Robert Gordon contends that the nation's productivity growth will be further held back by the headwinds of rising inequality, stagnating education, an aging population, and the rising debt of college students and the federal government, and that we must find new solutions. A critical voice in the most pressing debates of our time, *The Rise and Fall of American Growth* is at once a tribute to a century of radical change and a harbinger of tougher times to come.

Rational Emotive Behaviour Therapy in India: Very Brief Therapy for Problems of Daily Living is the first book of its kind to look specifically at using Rational Emotive Behaviour Therapy (REBT) for helping people with problems that are common in India. Based on training workshops given by Professor Windy Dryden in Mumbai, this book presents transcripts of the workshop sessions alongside professional commentary, followed by reflections from the volunteers themselves. With the emphasis on everyday problems, and clear examples of how REBT is applied, Rational Emotive Behaviour Therapy in India will be essential reading for psychotherapists, students, and other mental health professionals working in India, and anyone interested in the cross-cultural application of psychotherapy.

Applying his "rational-emotive therapy" to alcoholism, the author offers alcoholics a down-to-earth alternative to AA that deals with the thoughts and emotions associated with addictive drinking. By the author of *A Guide to Personal Happiness*. Original.

New York Post Best Book of 2016 We often think of our capacity to experience the suffering of others as the ultimate source of goodness. Many of our wisest policy-makers, activists, scientists, and philosophers agree that the only problem with empathy is that we don't have enough of it. Nothing could be farther from the truth, argues Yale researcher Paul Bloom. In *AGAINST EMPATHY*, Bloom reveals empathy to be one of the leading motivators of inequality and immorality in society. Far from helping us to improve the lives of others, empathy is a capricious and irrational emotion that appeals to our narrow prejudices. It muddles our judgment and, ironically, often leads to cruelty. We are at our best when we are smart enough not to rely on it, but to draw instead upon a more distanced compassion. Basing his argument on groundbreaking scientific findings, Bloom makes the case that some of the worst decisions made by individuals and nations—who to give money to, when to go to war, how to respond to climate change, and who to imprison—are too often motivated by honest, yet misplaced, emotions. With precision and wit, he demonstrates how empathy distorts our judgment in every aspect of our lives, from philanthropy and charity to the justice system; from medical care and education to parenting and marriage. Without empathy, Bloom insists, our decisions would be clearer, fairer, and—yes—ultimately more moral. Brilliantly argued, urgent and humane, *AGAINST EMPATHY* shows us that, when it comes to both major policy decisions and the choices we make in our everyday lives, limiting our impulse toward empathy is often the most compassionate choice we can make.

A collection of 30 of the most popular and controversial articles by Albert Ellis, founder of Rational Emotive Behavior Therapy. Each piece is updated by Dr. Ellis especially for this volume. Topics include sex, love, marriage, anger, rational living, and more. To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its

first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world. Its founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally recognized creator will be of inestimable value to professionals and laypersons alike.

[A] stimulating examination of how the teachings of the world's greatest thinkers and philosophers dovetail (or don't) with Ellis's three core concepts: unconditional acceptance of the self, others and the world....The book, which includes multiple self-acceptance exercises, may be among his best: Every page offers a fresh insight into rational emotive behavior therapy, Ellis's doctrine of modern stoicism.- Psychology Today

Albert Ellis is a contemporary prophet whose ideas will be remembered along with those of Jesus, Buddha, Lao Tzu and Sartre. In this important book, he shows how to develop self-acceptance as well as to learn how to create healthy relationships. In a world of increasing involvement with machines (i.e., computers, televisions, video games) and decreasing involvement with people, nothing could be more needed.-Jon Carlson, PsyD, EdD, ABPP, Distinguished Professor, Governors State University

This wonderful book, as it helps us move toward greater compassion for ourselves, for others, and for our troubled world, is one more significant contribution by Dr. Ellis - not only toward greater personal happiness, but also toward a better world.-Howard C. Cutler, M.D., coauthor (with the Dalai Lama) of *The Art of Happiness, A Handbook for Living*

What exactly is self-esteem? Most people, as well as many psychologists and educators, believe we need it, that it's good for our emotional well-being, and that it makes us more successful. World-renowned psychologist Albert Ellis says NO, it's all a myth. According to Ellis, self-esteem is probably the greatest emotional disturbance known to humans. Self-esteem results in each of us praising ourselves when what we do is approved by others. But we also damn ourselves when we don't do well enough and others disapprove of us. What we need more than self-esteem, Ellis maintains, is self-acceptance!

In *The Myth of Self-Esteem*, Ellis provides a lively and insightful explanation of self-esteem and self-

acceptance, examining the thinking of great religious teachers, philosophers, and psychologists, including Lao Tsu, Jesus, Spinoza, Nietzsche, Kierkegaard, Buber, Heidegger, Sartre, Tillich, D.T. Suzuki, the Dalai Lama, Carl Rogers, and Nathaniel Branden, among others. He then provides exercises for training oneself to change self-defeating habits to the healthy, positive approach of self-acceptance. These include specific thinking techniques as well as emotive and behavioral exercises. He concludes by stressing that unconditional self-acceptance is the basis for establishing healthy relationships with others, along with unconditional other-acceptance and a total philosophy of life anchored in unconditional life-acceptance.

The author shares his insights into achieving success in every area of life--from business and financial security to romance.

[Copyright: f908854a35f602956bda566e0deacb80](#)