

Albert Ellis

Personality Theories Albert Ellis, Mike Abrams, Lidia Abrams. 2009 'Personality Theories' by Albert Ellis - the founding father of Rational Emotive Behaviour Therapy - provides a comprehensive review of all major theories of personality including theories of personality pathology. Importantly, it critically reviews each of these theories in light of the competing theories as well as recent research.

The Road To Tolerance Albert Ellis. 2009-09-25 In this overview of one of the most successful forms of psychotherapy -- Rational Emotive Behavior Therapy (REBT) -- its creator and chief advocate, Albert Ellis, explains at length the principles underlying this therapeutic approach and shows how beneficial it can be, not only for therapy but also as a basic philosophy of life. As the title indicates, REBT promotes an attitude of tolerance, an open-minded willingness to accept the frailties, less-than-ideal behaviors, and unique characteristics of both others and ourselves. Ellis persuasively demonstrates that lack of tolerance of our own imperfections can easily lead to emotional disturbances and unhappiness. And intolerance of others, which fails to account for the great diversity of human personalities and behaviors, can become a serious disruptive force in today's highly diverse, multicultural global society. To counter such negative tendencies, Ellis advocates the adoption and practice of three basic attitudes of tolerance: (1) Unconditional Self-Acceptance (USA); (2) Unconditional Other-Acceptance (UOA); and (3) Unconditional Life-Acceptance (ULA). He discusses the philosophical foundations of these principles and then devotes a number of chapters to comparing REBT to spiritual and religious philosophies. He points out the dangers of fanatical tendencies in religion while also showing how the basic principles of REBT are similar to some ancient religious philosophies such as Zen Buddhism and the Judeo-Christian Golden Rule. In addition, he criticizes certain secular philosophies for their extremism, including Fascism and Ayn Rand's Objectivism, and he also discusses the ramifications of applying REBT in the social, political, and economic sphere. In emphasizing how easy it is for all of us to think, feel, and act intolerantly, Ellis brilliantly shows that tolerance is a deliberate, rational choice that we can all make, both for the good of ourselves and for the good of the world.

An Impolite Interview with Albert Ellis Albert Ellis. 1960

Ready Player One Ernest Cline. 2011-08-16 #1 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Steven Spielberg. "Enchanting . . . Willy Wonka meets The Matrix."—USA Today • "As one adventure leads expertly to the next, time simply evaporates."—Entertainment Weekly A world at stake. A quest for the ultimate prize. Are you ready? In the year 2045, reality is an ugly place. The only time Wade Watts really feels alive is when he's jacked into the OASIS, a vast virtual world where most of humanity spends their days. When the eccentric creator of the OASIS dies, he leaves behind a series of fiendish puzzles, based on his obsession with the pop culture of decades past. Whoever is first to solve them will inherit his vast fortune—and control of the OASIS itself. Then Wade cracks the first clue. Suddenly he's beset by rivals who'll kill to take this prize. The race is on—and the only way to survive is to win. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Entertainment Weekly • San Francisco Chronicle • Village Voice • Chicago Sun-Times • iO9 • The AV Club "Delightful . . . the grown-up's Harry Potter."—HuffPost "An addictive read . . . part intergalactic scavenger hunt, part romance, and all heart."—CNN "A most excellent ride . . . Cline stuffs his novel with a cornucopia of pop culture, as if to wink to the reader."—Boston Globe "Ridiculously fun and large-hearted . . . Cline is that rare writer who can translate his own dorky enthusiasms into prose that's both hilarious and compassionate."—NPR "[A] fantastic page-turner . . . starts out like a simple bit of fun and winds up feeling like a rich and plausible picture of future friendships in a world not too distant from our own."—iO9

Rationality and the Pursuit of Happiness Michael E. Bernard.2010-10-26 This book reveals how the principles of rational living identified by Albert Ellis, one of the world's most influential and popular psychologists, can be used by anyone to achieve lifelong happiness. Reveals the 11 principles of rational living that when put into practice can consistently increase levels of personal happiness Includes selected excerpts from Ellis' writings, revealing the difference between the psychological architectures of emotional unhappiness and human happiness Presents verbatim transcripts of private counseling sessions, as well as public lectures and demonstrations with people addressing a wide range of personal issues Offers insights into how 'rationality' can be used by anyone to reduce the intensity of negative emotions, to increase the frequency of positive emotions and to promote life satisfaction

Evolution of a Revolution Albert Ellis,James McMahon.2010 Evolving in stages, the work of Albert Ellis moved from a focus on sexual liberty to the broader issues involved in living with neurotic people. He eclipsed Freud in quoted popularity among therapists as his thinking evolved into constructivism while maintaining the basic theoretical constructs of rational-emotive behavioral theory. Without question, Ellis led the way from the psychoanalytic model to an approach in which results were subject to meaningful measurement. Ellis championed the idea that there was seldom a thought without a feeling and seldom a feeling without a thought. He argued for the cognitive revolution and neuroscience in psychology and psychotherapy as early as 1955. Ellis's books and lectures endeared him not only to the mental health community nationally and internationally, but to people from all walks of life—first among his fellow New Yorkers, then ultimately as a world class self-help expert, recognized and admired globally. He has been called not only the father of Rational Emotive Behavior Therapy (REBT), but also the grandfather of Cognitive Behavior Therapy (CBT). The chapters in *Evolution of a Revolution*, edited by James McMahon and Ann Vernon, were selected to cover approximately fifty years in the life and work of Albert Ellis to illustrate the monumental contributions he made to improving the human condition. Book jacket.

How To Control Your Anger Before It Controls You Albert Ellis,Raymond Chip Tafrate.2016-04-26 Don't let anger harm your health, career, and relationships: "No individual—not even Freud himself—has had a greater impact on modern psychotherapy." —Psychology Today Anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger—and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry? The answer is a resounding yes, if you follow the breakthrough steps of Rational Emotive Behavior Therapy (REBT). This proven approach, developed by world-renowned psychotherapist Dr. Albert Ellis, has withstood the test of time, helping countless people deal effectively with emotional problems. Using easy-to-master instructions and exercises, this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger, and take control of and reduce angry reactions. Here you will discover: The rational and irrational aspects of anger Special insights into your self-angering beliefs How to think, feel, and act your way out of anger How to relax How to accept yourself with your anger . . . and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home, at work, anywhere.

Overcoming Destructive Beliefs, Feelings, and Behaviors Albert Ellis.2010-05-01 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.

Albert Ellis Live! Windy Dryden, Albert Ellis. 2003-07-18 Seminars by Professor Windy Dryden. See the man live and in action. To find out more and to book your place go to www.cityminds.com _____ `A remarkably useful book for the practitioners of Rational Emotive Behaviour Therapy and other kinds of Cognitive Behaviour Therapy. Very clearly and intensively covers what effective therapeutic change is and the therapist's and the client's role in following it and in fighting against relapsing. Dryden's and Neenan's book includes many important points that are often omitted from REBT and other therapies. Definitive and thoroughgoing!' - Albert Ellis, President of Albert Ellis Institute **Albert Ellis Live!** is a collection of five transcripts of therapy sessions conducted by Albert Ellis, the founding father of Rational Emotive Behaviour Therapy (REBT). With commentary by Windy Dryden, bestselling author and expert on REBT, **Albert Ellis Live!** provides a unique opportunity to `listen in' on a master therapist carrying out the therapy which he originated. Each of the five transcripts presents a counselling session conducted by Ellis himself with a volunteer client. Each transcript is accompanied by a commentary, in which Windy Dryden explains what Ellis is doing and why. Published in celebration of Ellis' 90th birthday, **Albert Ellis Live!** will be invaluable to students and practitioners of this approach, offering them a unique insight into the theory and practice of REBT.

Optimal Aging Albert Ellis, Emmett Charlton Velten. 1998 The authors believe that everyone can--with the right attitudes, tools, and hard work--invent their own lives, not just live out the scripts provided by an ageist society. Written in a humorous and interactive style, Optimal Aging will help readers recognize and combat harmful attitudes that hold them back and develop more productive attitudes.

Feeling Better, Getting Better, Staying Better Albert Ellis. 2001 The most well-known and respected psychotherapist of our time offers a three-pronged system for maintaining--or regaining--emotional health, consisting of healthy thinking, healthy emotions, and healthy behavior.

The Practice of Rational Emotive Behavior Therapy Albert Ellis, PhD, Windy Dryden, PhD. 2007-07-31 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 book 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.

Overcoming Resistance Albert Ellis PhD.2007-07-31 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 Al identifies as good REBT in this book is just good psychotherapy. Because people so universally identify Al with REBT, people may generally overlook his wisdom as a clinician. Having worked with Al for more than thirty years, I have been fortunate enough to learn from him. Much of the knowledge I learned from Al 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 Al's books, this is my favorite. This is Al 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.

How to Make Yourself Happy and Remarkably Less Disturbable Albert Ellis.1999 ... 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.

How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything!, Albert Ellis.2012-07-11 “No other individual—not even Freud himself—has had a greater impact on modern psychotherapy.” —Psychology Today All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction—and can be significantly reduced using the techniques in this 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 and face obstacles 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 “should,” and much more Get 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. “Shows how to avoid the traps of self-harm and find mental health.” —Publishers Weekly

How to Keep People from Pushing Your Buttons Albert Ellis,Arthur Lange.2017-01-01 Learn to stop letting people and situations upset you and start enjoying life in this classic self-help book by a respected pioneer of psychotherapy. Life can get tough. From unemployment—or overwork—to divorce or remarriage, the challenges of newly blended families, not to mention everyday hassles, stress can feel non-stop. To top it off, technology confronts us with a barrage of seemingly urgent tasks 24/7. It’s no wonder things and people can make you lose your cool. In this landmark book you’ll find a very specific, powerful skill set designed to help you keep any scenario from pushing your buttons—and it works. Rational-Emotive Behavior Therapy (REBT), created by world-renowned therapist Dr. Albert Ellis, provides you with realistic, simple, proven techniques that will significantly reduce your stress levels and help you react effectively, whether the circumstances are professional or personal. Discover: • Ten beliefs we use to let people

and situations needlessly push our buttons • A powerful alternative to the kind of thinking that upsets us • The Fatal Foursome—feelings that sabotage you • How to change your irrational thinking using four key steps Whether you're dealing with colleagues, parents, kids, friends, or lovers, How to Keep People From Pushing Your Buttons will show you how to enjoy an active, vibrant, successful life. "No individual—not even Freud himself—has had a greater impact on modern psychotherapy." —Psychology Today Praise for How to Keep People From Pushing Your Buttons "Don't get mad or get even—get placid using these techniques for defusing difficult situations." —Booklist

Rationality and the Pursuit of Happiness Michael E. Bernard.2010-11-15 This book reveals how the principles of rational living identified by Albert Ellis, one of the world's most influential and popular psychologists, can be used by anyone to achieve lifelong happiness. Reveals the 11 principles of rational living that when put into practice can consistently increase levels of personal happiness Includes selected excerpts from Ellis' writings, revealing the difference between the psychological architectures of emotional unhappiness and human happiness Presents verbatim transcripts of private counseling sessions, as well as public lectures and demonstrations with people addressing a wide range of personal issues Offers insights into how 'rationality' can be used by anyone to reduce the intensity of negative emotions, to increase the frequency of positive emotions and to promote life satisfaction

Albert Ellis Revisited Jon Carlson,William Knaus.2013-10-15 Albert Ellis was one of the most influential psychotherapists of all time, revolutionizing the field through his writings, teachings, research, and supervision for more than half a century. He was a pioneer whose ideas, known as Rational Emotive Behavior Therapy (REBT), formed the basis of what has now become known as Cognitive Behavior Therapy (CBT), the most widely accepted psychotherapeutic approach in the world. This book contains some of Ellis' most influential writings on a variety of subjects, including human sexuality, personality disorders, and religion, with introductions by some of today's contemporary experts in the psychotherapy field. The 20 articles included capture Ellis' wit, humor, and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully.

How to Live with a Neurotic Albert Ellis.1975

"*Al Actually*" Albert Ellis.2008-12-01 Follow Al on his life's journey, beginning in the Toxteth slums of Liverpool in the 1930s. Read how he survives the Liverpool air raids of the 1940s and laugh at his exploits during National Service with the Royal Air Force. Peek over his shoulder as he r

Rational Emotive Behavioral Approaches to Childhood Disorders Albert Ellis,Michael E. Bernard.2006-05-11 Since the groundbreaking first edition of Rational Emotive Approaches to the Problems of Childhood by Albert Ellis and Michael Bernard two decades ago, our understanding of the nature and treatment of children's problems has grown considerably. Now in a completely new volume, Albert Ellis and children's REBT specialist Professor Michael Bernard have revised and updated this pioneering volume to reflect both the latest in clinical practice and research. Fourteen expert contributors (including many from the original) share with the editors a deep commitment to integrating REBT with other cognitive-behavioral methods, and to providing young people with developmentally appropriate care. Together they give readers a practical framework for conducting assessment, treatment, and prevention with individuals, clients and groups as well as in family and school settings. Key features of this new edition include: Developmental considerations in using REBT with children and adolescents Specific chapters devoted to major disorders -- aggression, phobias anxiety, depression, academic underachievement, and ADHD Latest strategies for challenging and changing the irrational beliefs of young people Techniques for building key REBT skills: emotional resilience and frustration tolerance Extensive research findings on the efficacy of REBT with young people Brand-new material on special issues -- involving parents, conducting group sessions, and working with exceptional children An overview of Rational Emotive Education and You Can Do It! Education, school-based applications of REBT With coverage this thorough, Ellis,

Bernard, and collaborators have created a resource of immediate value to child and adolescent mental health practitioners including school psychologists, school counselors, school social workers, behavior therapists, and family therapists, and educators involved in helping young people overcome behavioral disorders.

The American Sexual Tragedy Albert Ellis.1962

R for Data Science Hadley Wickham, Garrett Golemund.2016-12-12 Learn how to use R to turn raw data into insight, knowledge, and understanding. This book introduces you to R, RStudio, and the tidyverse, a collection of R packages designed to work together to make data science fast, fluent, and fun. Suitable for readers with no previous programming experience, R for Data Science is designed to get you doing data science as quickly as possible. Authors Hadley Wickham and Garrett Golemund guide you through the steps of importing, wrangling, exploring, and modeling your data and communicating the results. You'll get a complete, big-picture understanding of the data science cycle, along with basic tools you need to manage the details. Each section of the book is paired with exercises to help you practice what you've learned along the way. You'll learn how to: Wrangle—transform your datasets into a form convenient for analysis Program—learn powerful R tools for solving data problems with greater clarity and ease Explore—examine your data, generate hypotheses, and quickly test them Model—provide a low-dimensional summary that captures true signals in your dataset Communicate—learn R Markdown for integrating prose, code, and results

A Practitioner's Guide to Rational Emotive Behavior Therapy Raymond A. DiGiuseppe, Kristene A. Doyle, Windy Dryden, Wouter Backx.2013-07-10

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.

Ask Albert Ellis Albert Ellis.2003 The most well-known and highly respected psychotherapist of our time responds to reader questions submitted to the Ask Dr. Ellis website. The answers present the most concise, reader-friendly description yet of the author's Rational Emotive Behavior Therapy (REBT) method. Fifty years of psychotherapy experience and wisdom are distilled in this practical guide for the rest of us. Healthy thinking, healthy emotions, and healthy behavior are explained, with detailed examples and procedures for building lasting emotional well-being.

A Guide to Rational Living Albert Ellis, Robert A. Harper, Robert Allan Harper.1961 TABLE OF CONTENTS: 1 How Far Can You Go with Self-Analysis? 2 You Feel As You Think. 3 Feeling Well by Thinking Straight. 4 What Your Feelings Really Are. 5 Thinking Yourself Out of Emotional Disturbances. 6 Recognizing and Attacking Neurotic Behavior. 7 Overcoming the Influences of the Past. 8 How Reasonable is Reason? 9 The Art of Never Being Desperately Unhappy. 10 Tackling Dire needs for Approval. 11 Eradicating Dire Fears of Failure. 12 How to Stop Blaming and Start Living. 13 How to Be Happy Though Frustrated. 14 Controlling Your Own Destiny. 15 Conquering Anxiety. 16 Acquiring Self-Discipline. 17 Rewriting Your Personal

History. 18 Accepting Reality. 19 Overcoming Inertia and Becoming Creatively Absorbed. 20 Living Rationally in an Irrational World.

Better, Deeper And More Enduring Brief Therapy Albert Ellis.2013-06-17 In Better, Deeper, and More Enduring Brief Therapy Albert Ellis, the founder of Rational Emotive Behavior Therapy, describes how REBT can help clients significantly improve in a short period of time and effect a profound philosophical-emotional-behavioral change-more often that can be achieved with other popular forms of therapy. In a comprehensive, accessible format, Dr. Ellis offers his theories, practices, verbatim sessions, and other materials that help describe how REBT can be a valuable asset in psychotherapeutic treatment.

The Myth of Self-esteem Albert Ellis.2010-08-05 Examining the thinking of great religious teachers, philosophers, and psychologists, the founder of one of the world's most successful forms of therapy teaches readers how to accept themselves--and others--unconditionally.

How To Control Your Anxiety Before It Controls You Albert Ellis.2016-06-28 Learn to manage your anxiety with this classic self-help book 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 two hundred 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. “No individual—not even Freud himself—has had a greater impact on modern psychotherapy.” —Psychology Today

Rational and Irrational Beliefs Daniel David,Steven Jay Lynn,Albert Ellis.2009-08-20 Leading scholars, researchers, and practitioners of rational emotive behavior therapy (REBT) and other cognitive-behavioral therapies (CBTs) share their perspectives and empirical findings on the nature of rational and irrational beliefs, the role of beliefs as mediators of functional and dysfunctional emotions and behaviors, and clinical approaches to modifying irrational beliefs, enhancing rational beliefs, and adaptive coping in the face of stressful life events. Reviews a steadily accumulating empirical literature indicating that irrational beliefs are associated with a wide range of problems in living and that exposure to rational self-statements can decrease anxiety and other psychological symptoms, and play a valuable role in health promotion and disease prevention. Contributors also identify new frontiers of research and theory, including the link between irrational beliefs and other cognitive processes such as memory, psychophysiological responses, and evolutionary and cultural determinants of rational and irrational beliefs. From publisher description.

Overcoming Procrastination Albert Ellis,William J. Knaus.1979

How to Stop Destroying Your Relationships Albert Ellis,Robert A. Harper.2016-10-25 Break the bad habits that damage loving relationships—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.

Anger: How to Live with and without It Albert Ellis, Arthur Lange. 2017-02-28 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.

The Albert Ellis Reader Albert Ellis, Shawn Blau. 1998 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.

I Am Albert Ellis Dr Anjali Joshi. Dr. Albert Ellis is one of the greatest psychologists in the world and an eminent personality from the United States. He became immortal in the history of psychology with his Rational Emotive Behaviour Therapy or REBT, which he founded in 1955. Today REBT has gained recognition and is widely followed everywhere. In the present world full of stress and strife, we all are in pursuit of peace and happiness. Based on rational and humanistic life-philosophy, REBT has helped people from all walks of life in uplifting their lives and is hence extremely popular all over the world. This autobiographical novel gives the reader an insight into his thoughts, and his dauntless and resolute personality. Dr. Ellis lived actively and zealously till his death. He overcame several hurdles and shortcomings in his long life of 93 years only because of REBT. 'My life is my message' he said. REBT and Ellis' life were synonymous, which is proved by his life-journey. The novel unravels his emotions and puts forth his revolutionary views about sexuality in a forthright but sensitive way. It motivates the reader to introspect on his own life-philosophy, thereby enabling him to tide over his emotional problems and make life more meaningful. Readers have found the original Marathi novel, first published in 2009, to be a self-help guide. It enjoys a wide readership and is popular among psychiatrists, psychologists, counsellors, students and celebrities as well. and has thus been a consistent best-seller till date.

Counseling and Psychotherapy With Religious Persons Stevan L. Nielsen, W. Brad Johnson, Albert Ellis. 2001-05-01 Practitioners are increasingly aware that religious persons present unique problems and challenges in therapy. Rational-Emotive Behavior Therapy (REBT) is among the most widely practiced, highly structured and active directive approaches to treating emotional and behavioral problems. Introduced by Albert Ellis in the

early 1950s, REBT is the original cognitive-behavioral psychotherapy and its efficacy has been supported by hundreds of treatment outcome studies. A uniquely belief-focused therapy, REBT is usually quite appealing to clients from Christian, Jewish, Muslim, Hindu, and other religious traditions, who respond favorably to REBT's focus on right belief, active engagement in the work of therapy, and reading/practice focused homework. In this practical and user-friendly guide, the authors outline the congruence between the therapeutic approach of REBT and the presenting problems and concerns of religious persons. They describe an approach to reconciling the sacred traditions and beliefs of religious clients with the no nonsense techniques of REBT. They review the essential components of practice with religious clients--including assessment, diagnosis and problem formulation, disputation of irrational beliefs, and other REBT techniques, highlight the primary obstacles facing the therapist when treating religious clients, and offer many case examples from work with this important client population. Mental health professionals from all backgrounds will benefit from the detailed yet manual-focused approach to helping religious clients overcome all forms of emotional distress.

Rational Emotive Behavior Therapy Albert Ellis. 2010-03-19 Albert Ellis, the renowned creator of one of the most successful forms of psychotherapy — Rational Emotive Behavior Therapy (REBT) — offers this candid self-assessment, which reveals how he overcame his own mental and physical problems using the techniques of REBT. Part memoir and part self-help guide, this very personal story traces the private struggles that Ellis faced from early childhood to well into his adult life. Whether you are already familiar with Ellis's many best-selling psychology books or are discovering his work for the first time, you will gain many insights into how to deal with your problems by seeing how Ellis learned to cope with his own serious challenges. In his early life, Ellis was faced with a major physical disability, chronic nephritis, which plagued him from age five to nine and led to hospitalization. This experience then caused the emotional reaction of separation anxiety. At this time he also suffered from severe, migraine-like headaches, which persisted into his forties. Later in life, he realized that some of his emotional upset was the result of initially taking parental neglect too seriously. Active and energetic by nature, he gradually learned that the best way to cope with any problem, physical or emotional, was to stop catastrophizing and to do something to correct it. As Ellis points out in all of his work, when faced with adversity, we must realize that we have a real choice, either to think rationally about the problem or to react irrationally. The first choice leads to healthy consequences—normal emotions such as sorrow, regret, frustration, or annoyance, which are justifiable reactions to troubling situations. The second choice leads to the unhealthy consequences of anxiety, depression, rage, and low self-esteem. When we recognize irrational beliefs as such, we must then use our reason to dispute their validity. Ellis goes on to describe how these techniques helped him to cope with many other adult emotional problems, including failure in love affairs, shame, anger, distress over his parents' divorce, stress from others' reactions to his atheistic convictions, and upset due to his attitudes about academic and professional setbacks. Honest and unflinching yet always positive and forward-looking, Ellis demonstrates how to gain and grow from trying experiences through rational thinking.

Albert Ellis Daniel N. Wiener. 1988-02-23 A psychotherapist and long-time acquaintance of Albert Ellis presents a biography of one of the leading contributors to the theory and practice of modern psychotherapy. Ellis, a prodigious writer, has been a center of controversy for his writings on sex, and for his development and advocacy of rational-emotive therapy. Wiener provides good insights into how ideas are shaped by a scientist's personal characteristics. Choice The volume is fascinating: Ellis is and has been outspoken and intellectually stimulating to listeners on his favorite topic: 'how to live well'. Psychological Reports This fascinating study portrays Ellis as a living model of his own therapy. The author details how Albert Ellis arrived his theories through his need to find a way of handling his own psychologically neglected childhood and adolescence. Drawing upon the recollections of Ellis' brother, childhood friends, Ellis himself, his associates and companions, former students and patients, and Ellis' autobiographical notes and correspondence, Wiener presents an account of the man who, during the mid-fifties, revolutionized psychotherapy with a

more direct, active style of treatment. Ellis maintained that a person gains nothing by considering and treating himself as if he had been victimized. Rather, the person needs immediately to start changing himself by adopting a different, more objective attitude toward his problem. This alternative to psychoanalysis is termed RET, or Rational Emotive Therapy, and is a direct forerunner of the behavioral cognitive therapy approach.

All Out! Albert Ellis,Debbie Joffe-Ellis.2010 Luckily for all of us, Ellis was far from ordinary. --

Rational Emotive Behavior Therapy Albert Ellis,Catharine MacLaren.2005 From the often credited 'creator of psychology's cognitive revolution,' Albert Ellis' comprehensive guidebook for practicing therapists includes thorough discussions of theory and procedures, case examples, and dozens of exercises. Modern cognitive-behavioral therapy has its roots in the rational approach created by Albert Ellis - the 'father of rational therapy' - in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis' systematic, integrative approach has grown and matured into powerful mainstream psychotherapy. Hundreds of thousands of patients have benefited from the active interventions of therapists using the REBT model. Major themes in this user-friendly manual: theory of REBT, practice of REBT, cognitive techniques, emotive and experiential techniques, behavioral techniques, integration of REBT and other therapies. - Back cover.

Uncover the mysteries within Crafted by SJ Ball is enigmatic creation, Discover the Intrigue in **Albert Ellis** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Albert Ellis Introduction

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