

# Rational Emotive Behaviour Therapy Albert Ellis

## Unlock Your Inner Superhero with Albert Ellis's REBT!

Prepare yourselves, dear readers, for a literary adventure that's less about dragons and more about conquering the inner saboteurs that keep you from living your most fabulous life! Albert Ellis's "Rational Emotive Behaviour Therapy" isn't just a book; it's a backstage pass to understanding the wonderfully chaotic, yet ultimately controllable, landscape of your own mind. Forget dusty textbooks; this is a vibrant, laugh-out-loud exploration of human thought that will leave you feeling empowered and, dare I say, a little bit magical!

One of the most brilliant aspects of this work is its utterly **imaginative setting**. Ellis masterfully transforms the often-intimidating world of psychology into an engaging narrative. You'll find yourself exploring the "courtroom of your mind," where your irrational beliefs are put on trial, and discovering the "unhelpful habits" that are more like grumpy gremlins than helpful companions. It's a playful approach that strips away jargon and invites you into a relatable, almost whimsical, journey of self-discovery. Think of it as a theme park for your thoughts, where the rides are designed to uplift and enlighten!

But don't let the fun fool you – the **emotional depth** woven throughout these pages is profound. Ellis doesn't shy away from the genuine struggles we all face. He delves into the roots of anxiety, frustration, and self-doubt with a compassion that resonates deeply. You'll find yourself nodding along, perhaps with a chuckle of recognition, as he unpacks those pesky "shoulds" and "musts" that often dictate our emotional weather. This book speaks to the universal human experience, making its insights

incredibly poignant and undeniably effective.

And the **universal appeal**? Absolutely astounding! Whether you're a student grappling with exam stress, a seasoned professional navigating workplace challenges, or simply a curious soul seeking a more fulfilling existence, REBT has something golden for you. Its principles are not bound by age or background; they are the very fabric of rational living. You'll be equipping yourself with tools that can be applied to everyday annoyances and life-altering dilemmas alike. It's like receiving a secret decoder ring for happiness, and everyone deserves one!

**What makes this book truly shine:**

**Witty and Accessible Language:** Ellis has a gift for making complex ideas digestible and, dare I say, entertaining.

**Empowerment Through Insight:** You won't just read about solutions; you'll actively learn how to implement them.

**A Positive and Optimistic Outlook:** This book is a beacon of hope, reminding you that change is not only possible but within your reach.

**Practical Strategies:** Say goodbye to abstract theories and hello to actionable steps you can use immediately.

Reading "Rational Emotive Behaviour Therapy" feels like embarking on a **magical journey** where you are the protagonist, the magician, and the ultimate victor. It's an invitation to shed the heavy cloaks of irrationality and embrace the lighter, brighter robes of rational thought. This book doesn't just inform; it inspires and encourages, leaving you with a renewed sense of agency and a delightful optimism for the future.

This is a **timeless classic**, a book that continues to capture hearts worldwide because it speaks to the fundamental human desire for peace and happiness. It's a must-read for anyone who has ever questioned why they feel the way they do, and a powerful guide for those ready to take charge of their emotional well-being. Prepare to be entertained, enlightened, and profoundly transformed.



*Jon Carlson Daniel David Joseph Yankura Albert Ellis*

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 use 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

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

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

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 than 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

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

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 will 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 are unethical because when we allow ourselves to become emotionally upset we are 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 are that much closer to making yourself happy every day

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

seminars by professor windy dryden see the man live and in action to find out more and to book your place go to [cityminds.com](http://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

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

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 don t get mad or get even get placid using these techniques for defusing difficult situations booklist

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

as an up to date comprehensive manual this book includes a detailed presentation of the origin and history of rebt its theory and techniques plus illustrative case examples and exercises for therapy

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

rationality and the pursuit of happiness this book is a labor of love michael bernard has painstakingly transcribed a number of albert ellis s therapy and demonstration sessions as well as a selection of his lectures and has used this material to excellent effect to make dr ellis s views on psychological health and happiness come alive a gem of a book on a gem of a man by a gem of an author professor windy dryden goldsmiths university of london uk michael bernard s book reveals the importance of rationality as a positive faculty of mind that enables people to strengthen their resilience and self efficacy in order to not only cope with the inevitable challenges demands and changes characteristic of our post modern age but in addition through the application of different principles of rational living identified by legendary psychologist albert ellis to live fulfilled and meaningful professional and personal lives i confidently commend this book professor field rickards dean graduate school of education university of melbourne australia albert ellis one of the world s most influential psychologists founded rational emotive behavior therapy rebt in the 1950s over the years this pioneering form of cognitive behavior therapy has advanced the emotional well being of hundreds of thousands of people around the world yet while ellis s innovative approaches for helping people with emotional difficulties are well known his views on the pursuit of personal happiness which have also influenced generations of people both with and without such problems are far more elusive ellis s powerful arguments in favor of the rational pursuit of happiness are set out for the very first time in this book rationality and the pursuit of happiness presents ellis s views on how the principles of rational living can be used by anyone to achieve lifelong happiness transcripts of private counseling sessions and public forums reveal the great power of rationality and the self defeating nature of irrationality drawing on 50 years of ellis s writing

michael bernard shows how the emotional misery that arises from irrational thinking of the human psyche can obstruct our innate potential for self actualization and happiness in doing so he firmly establishes ellis as a pioneer of positive psychology and a human being whose superior intellect and years of public education and psychotherapy experience offer genuine insights into the eternal question of what makes for a happy life

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

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

in rational and irrational beliefs research theory and clinical practice 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 offering a comprehensive and cohesive approach to understanding rebt cbt and its central constructs of rational and irrational beliefs contributors review 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 a truly accessible state of the science summary of rebt cbt research and clinical applications rational and irrational beliefs is an invaluable resource for psychotherapy practitioners of all theoretical orientations as well as instructors students and academic psychologists

albert ellis founded and has spent a lifetime practising and teaching rational emotive behaviour therapy rebt previously ret is important not only in its own terms as an effective therapeutic approach to emotional disturbance but also as the precursor of the cognitive behavioural therapy movement which now exerts such an influence on the mental health field joseph yankura and windy dryden present a lucid overview of the life and contributions of albert ellis using excerpts from ellis s own writings to clarify the discussion they look in particular at the famous abc analysis which enables people to understand and deal with their problems the key concepts of ego disturbance and discomfort disturbance and ellis s view

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