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In the first chapter of this extraordinary new edition of A Guide to Rational Living, Drs. Albert Ellis and Robert A. Harper express the hope that readers will not “jump to the conclusion that we hand out

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the same old hackneyed, Pollyannaish message that you may have long ago considered and rejected as having no practical value."

*A Guide to Rational Living: Albert Ellis, Robert A. Harper ...*

A Guide to Rational Living is a classic self-help manual and introduction to rational emotive therapy. The style of the book is somewhat rambling and "story telling," and some of the information is now a bit out of date, but the list of irrational ideas and the Disputing Irrational Beliefs activity are still very valuable.

*A New Guide to Rational Living by Albert Ellis*

A New Guide to Rational Living Hardcover - June 1, 1975. by. Albert Ellis (Author) > Visit Amazon's Albert Ellis Page. Find all the books, read about the author, and more. See search results for this author.

*A New Guide to Rational Living: Ellis, Albert ...*

A GUIDE TO RATIONAL LIVING In an Irrational World Author: by Albert Ellis, Ph. D. ; Robert A. Harper, Ph. D. Cover: Hardcover Publisher: Prentice Hall Date: 1964 First Edition Third Printing Book: VG+ DJ: VG Maroon cloth cover is rubbed at corners and spine caps otherwise near pristine.

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*Albert Ellis A GUIDE TO RATIONAL LIVING 1964 First Edition ...*

A guide to rational living [Ellis, Albert] on Amazon.com. \*FREE\* shipping on qualifying offers. A guide to rational living

*A guide to rational living: Ellis, Albert: Amazon.com: Books*

A Guide to Rational Living (1975) suggests that it is our irrational thoughts and beliefs which are the root cause behind most of the emotional disturbances that we experience. The author, Albert Ellis (1913 - 2007) pioneered Rational Emotive Behavior Therapy (REBT) which gained widespread popularity in the 1960s and is the foundation of this book.

*A Guide To Rational Living Summary & Review - 5 Min Read ...*

a new guide to Rational Living [Ellis, Albert, Harper, Robert A.] on Amazon.com. \*FREE\* shipping on qualifying offers. a new guide to Rational Living

*a new guide to Rational Living: Ellis, Albert, Harper ...*

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. 2018-06-11

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A Guide to Rational Living, by Albert Ellis & Robert A. Harper, is a praiseworthy self-development guide with practical and proven techniques to change your self-destructive emotions and behaviors. The book vividly demonstrates what you do to unnecessarily distress yourself and how you can overcome this to become an emotionally stronger person.

*Book Summary: A Guide to Rational Living - The Anxiety Info*

<http://PhilosophersNotes.com> Albert Ellis was one of the leading psychologists of the 20th century--basically the Godfather of the modern cognitive behaviora...

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A Guide to Rational Living / Edition 3 available in Paperback. Add to Wishlist. ISBN-10: 0879800429 ISBN-13: 9780879800420 Pub. Date: 08/01/1975 Publisher: Wilshire Book Company. A Guide to Rational Living / Edition 3. by Albert Ellis Ph.D | Read Reviews. Paperback. Current price is , Original price is \$17.0. You . Buy New \$15.30. Buy Used \$11.32

*A Guide to Rational Living / Edition 3 by Albert Ellis Ph ...*

Albert Ellis (September 27, 1913 – July 24, 2007) was an American psychologist and psychotherapist who founded Rational Emotive Behavior Therapy (REBT). He held MA and PhD degrees in clinical psychology from Columbia University, and was certified by the American Board of Professional Psychology (ABPP). He also founded, and was the President of, the New York City-based Albert Ellis Institute.

*Albert Ellis - Wikipedia*

A Guide to Rational Living by Albert Ellis and Robert A. Harper (1975, Trade Paperback, Reprint, Revised edition)

*A Guide to Rational Living by Albert Ellis and Robert A ...*

A guide to rational living. First published in 1961. Subjects. Rational-emotive psychotherapy , Self-analysis (Psychoanalysis) ,

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*A New Guide to Rational Living - Albert Ellis, Robert A ...*

A Guide to Rational Living (Paperback) Published 1997 by Wilshire Book Company. Third Edition, Thoroughly Revised and Updated For the Twenty-First Century, Paperback, 283 pages. Author (s): Albert Ellis, Robert A. Harper. ,

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