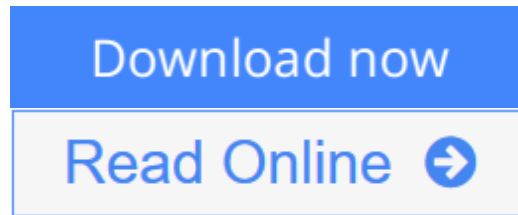


How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything!

By Albert Ellis



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CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY

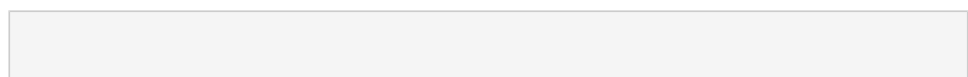
All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you'll find in this landmark book.

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.



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Editorial Review

About the Author

Albert Ellis, Ph.D. founded Rational Emotive Behavior Therapy (REBT), the pioneering form of the modern Cognitive Behavior therapies. In a 1982 professional survey, Dr. Ellis was ranked as the second most influential psychotherapist in history. His name is a staple among psychologists, students, and historians around the world. He published over seven hundred articles and more than sixty books on psychotherapy, marital and family therapy, and sex therapy. Until his death in 2007, Dr. Ellis served as President Emeritus of the Albert Ellis Institute in New York, which provides professional training programs and psychotherapy to individuals, families and groups. To learn more, visit www.albertellis.org.

Kristene A. Doyle, Ph.D., Sc.D. is the Director of the Albert Ellis Institute. Dr. Doyle is also the Director of Clinical Services, founding Director of the Eating Disorders Treatment and Research Center, and a licensed psychologist at the Institute. She is a Diplomate in Rational-Emotive and Cognitive-Behavior Therapy and serves on the Diplomate Board. In addition, Dr. Doyle conducts numerous workshops and professional trainings throughout the world and has influenced the growth and practice of Rational Emotive and Cognitive Behavior Therapy in countries spanning several continents. Dr. Doyle is co-author of *A Practitioner's Guide to Rational Emotive Behavior Therapy*, 3rd edition, and co-editor of *The Journal of Rational-Emotive and Cognitive-Behavior Therapy*. She has served as an expert commentator for ABC's *20/20*, *Access Hollywood*, Channel 2 and Channel 11 News. Dr. Doyle has also been quoted in prestigious publications including *The New York Times*, *U.S. News and World Report*, and *The Wall Street Journal*.

Users Review

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Ismael Roop:

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