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### A New Guide To Rational

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a new guide to Rational Living Hardcover - April 1, 1975 by Albert Ellis (Author)

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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 The style of the book is somewhat rambling and "story telling," and some of the information is now a bit out of date, but the list of irrational ideas and the Disputing Irrational Beliefs activity are still very valuable.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

There is another way to look, to perceive, to self-talk and thus to respond that produces much more emotional stability, peace, and rational ability to move onward in healthy and affirming ways. We need not be chained to emotional upset...there is a way out!

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

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Ellis is considered the grandfather of cognitive behavior therapy, the founder of Rational-Emotive Therapy (RET) and one of the architects of the sexual revolution. Category Education

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104 quotes from Albert Ellis: 'The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.', 'There are three musts that hold us back: I must do well. You must treat me well . And the world must be easy.', and 'Even injustice has it's good points.

### Albert Ellis Quotes (Author of A New Guide to Rational Living)

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### **Table of Contents: A new guide to rational living**

A new guide to rational living. Albert Ellis, Robert Allan Harper. Prentice-Hall, 1961 ... Dr. Albert Ellis holds a Ph.D. in Clinical Psychology from Columbia University and is President of the Institute for Rational-Emotive Therapy in New York City. He is the founder of rational-emotive therapy (RET) and the grandfather of cognitive-behavior ...

### **A new guide to rational living - Albert Ellis, Robert ...**

A new guide to rational living by Albert Ellis, 1975, Wilshire Book Co. edition, in English

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Albert Ellis (September 27, 1913 – July 24, 2007) was an American psychologist who in 1955 developed Rational Emotive Behavior Therapy (REBT). He held MA and PhD degrees in clinical psychology from Columbia University and the American Board of Professional Psychology (ABPP). He also founded and was the President of the New York City-based Albert Ellis Institute for decades.

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