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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 The style of the book is somewhat rambling and "story telling," and some of the information is now a bit out of date, but the list of

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irrational ideas and the Disputing Irrational Beliefs activity are still very valuable.

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A New Guide to Rational Living (Paperback) Published January 1st 1975 by Wilshire Book Company. Paperback, 233 pages. Author (s): Albert Ellis (Foreword), Melvin Powers (Foreword by) , Robert A. Harper. Average rating:

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A new guide to rational living This edition published in 1975 by Wilshire Book Co. in N. Hollywood, Calif.

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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 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:  
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Well I'll try to be brief and to the point. I got this vintage shorter version of Ellis' thoughts on the relationship between how we

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think, feel, and behave because I recently read "Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy" which is a longer compilation of his writings.

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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

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Rational Emotive Behavior Therapy (REBT).

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Albert Ellis (September 27, 1913 - July 24, 2007) was an American psychologist and psychotherapist who founded Rational Emotive Behavior

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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 new guide to rational living. Englewood Cliffs, N.J : Prentice-Hall. MLA Citation. Ellis, Albert. and Harper, Robert A. A new guide to rational living / Albert Ellis and Robert A. Harper Prentice-Hall Englewood Cliffs, N.J 1975.

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Australian/Harvard Citation.  
Ellis, Albert.

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A new guide to rational living /. Ellis, Albert, 1913-2007. Harper, Robert Allan. N. Hollywood, Calif. : Wilshire Book Co., ©1975. Rational emotive behavior therapy. Search for the book on E-ZBorrow. E-ZBorrow is the easiest and fastest way to get the book you want (ebooks unavailable).

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A practitioner's guide to rational-emotive therapy / by: Walen, Susan R.

Published: (1992) Albert Ellis live! by: Dryden, Windy. Published: (2003) A practitioner's guide to rational-emotive therapy / by: Walen, Susan R.



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Buy a cheap copy of A New Guide to Rational Living book by Robert A. Harper. Free Shipping on all orders over \$10.

Two psychotherapists describe the nature and success of their rational-emotive approach to solving mental and emotional problems and present actual case histories

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Two psychotherapists relate the nature and success of their rational-emotive approach to solving mental and emotional problems and present actual case histories

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

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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

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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

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students and trainees in these areas will find this book useful in learning to apply rational-emotive behavior therapy in practice.

Updated resource for practicing therapists from the father of rational therapy. Modern cognitive-behavioral therapy has its roots in the rational approach created by Ellis in the 1950s. Now known as Rational Emotive Behavior Therapy (REBT), Ellis's systematic integrative approach has grown and matured into a powerful mainstream psychotherapy. Hundreds of thousands of

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patients have benefited from the active interventions of therapists using REBT.

Includes a thorough description of REBT theory and procedures, case examples, exercises. Major themes include: The Theory of Rational Emotive Behavior Therapy; The Practice of REBT; The Main Cognitive Techniques of REBT; The Main Emotive and Experiential Techniques of REBT; The Main Behavioral Techniques of REBT; The Integration of REBT with Other Psychotherapies; Summary and Conclusions."

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Small businesses figure importantly in the American economy, yet few resources exist for small business owners looking to build their credit. In The Rational Guide to Building Small Business Credit, Barbara Weltman offers an indispensable new guide that clearly explains how to build and maintain a credit profile for your company. This book covers the fundamentals of credit building, including the five C's of credit analysis and how to register your D-U-N-S(r) number with Dunn & Bradstreet. Advanced concepts include re-

establishing poor credit,

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working with the government, and running credit checks on your customers. This book uses a rational, no-nonsense approach to give you the information you need to proactively manage your credit

This straightforward guide introduces the newcomer to the core theoretical principles and therapeutic strategies of Rational Emotive Behaviour Therapy (REBT). Starting with the ABC model of emotion popularized by Albert Ellis from the outset when he developed his approach to



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CBT, the guide then shows how REBT distinguishes between unhealthy and healthy negative emotions. From there it outlines the four irrational attitudes theorized to be at the core of emotional and behavioural disturbance. Finally, the newcomer to REBT will develop an appreciation for how REBT inoculates clients against future problems and teaches them to maintain and extend their treatment gains. This Newcomer's Guide will be a useful contribution to counsellors and psychotherapists in training, either in Rational Emotive Behaviour Therapy or another cognitive-

# Get Free A New Guide To Rational Living Albert Ellis behavioural approach.

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