

Guide to rational living

Wilshire Book co. - A Guide To Rational Living Summary & Review



Description: -

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Middle managers -- United States

Supervisors -- United States

Rational-emotive psychotherapy. guide to rational living

-guide to rational living

Notes: Includes bibliographical references (p. 189-193)

This edition was published in 1974



Filesize: 41.38 MB

Tags: #A #new #guide #to #rational #living #(1975 #edition)

A Guide to Rational Living

Although they may get tired and tense when continuously on the go, they are easily bored and listless when they constantly rest. It is written in the hallmarks of Rational Emotive Behavior Therapy REBT, providing many hands-on examples from therapy sessions. The best self-help book on psychotherapy I've ever read and also the one which I consider the most useful in my process.

A guide to rational living (Audiobook on CD, 2008) [skynet2550.us.to]

One honest and important thing you'll learn in this book is that it's not possible to attain perpetual serenity and jubilation. If you never in all your life talked to a stranger on a bus, went to a party alone, kissed a partner on your first date, or did similar things that you would like to do, force yourself until you keep trying these terrible fearful acts.

A Guide To Rational Living

Millions of this book were sold and read, including world leaders and the Dalai Lama! This is the kind of book you will look at over and over.

A guide to rational living (Audiobook on CD, 2008) [skynet2550.us.to]

Even in the midst of these feelings, you can still generally look objectively at your own verbalizations. It's a challenge to apply the principle he lays out but the challenge is in the doing, not the understanding. It is an extremely powerful approach to help people to be happier, healthier, and more productive.

A new guide to rational living (1975 edition)

Some may find the argumentation reminiscent of the school of Zeno of Elea and hence the book nothing but a collection of mind tricks; yet sometimes all it takes is a simple mind trick for you to start accepting this iota of eternity that we call the present, or what Ellis call 'the past of your future'.

A New Guide to Rational Living by Albert Ellis

The truth is difficult to face, but if you are ready to look at it, this is the book for you. This book lets you see how this can be possible and provides a framework for addressing some of the misguided internal philosophies that almost universally afflict us. The thinking person may notice moldy bread, remember that eating the moldy part of the bread previously made them ill, and therefore cut the moldy part and eat the remainder.

A Guide To Rational Living Summary & Review

The therapist would also explain the different benefits smoking brings to your body and why it is better than many other things. Then refusing to do much to win it Misery, in other words, consists of two fairly distinct parts: 1. Your present behaviour largely stems from your thinking.

Review: A Guide to Rational Living

Is this not a chicken and egg problem? I wouldn't claim that it's particularly well written, but it makes compelling arguments which is clearly the main point here that still prove to be highly influential in the scientific field.

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