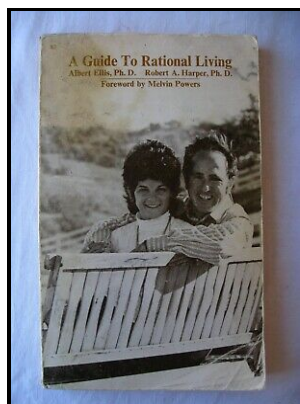


# Guide to rational living

**Wilshire Book co. - A new guide to rational living (1975 edition)**



Description: -

-

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: 37.510 MB

Tags: #A #Guide #to #Rational #Living

## **A new guide to rational living (1975 edition)**

So much of what passes as thought and action in this world is simply over-emotionalized reactions. Why should you try Rational Life Therapy? But returning to what I began saying, although an event can scar a person or affect their behaviour, as adults, and as our minds mature, we have control over our actions.

## **A Guide to Rational Living**

That's one word you are going to hear most often from the authors of this wonderful little blue book.

## **A Guide to Rational Living (First Edition)**

My main gripe with the book is the depiction of the authors' clients; they just didn't sound like real people to me.

## **A New Guide to Rational Living by Albert Ellis**

This how is never fully answered in the book. They also work with clients who have physical disorders or diseases that require medical attention.

## Related Books

- [Short-time rural credits. - Hearings before the Joint Congressional Committee on Short-time Rural Cr](#)
- [Eagles gather.](#)
- [The education of Henry Adams - an autobiography](#)
- [Australasian prints, drawings, etc. in the collection of J. Edge-Partington.](#)
- [Vida y Obra de Galdo s \(1843-1920\)](#)