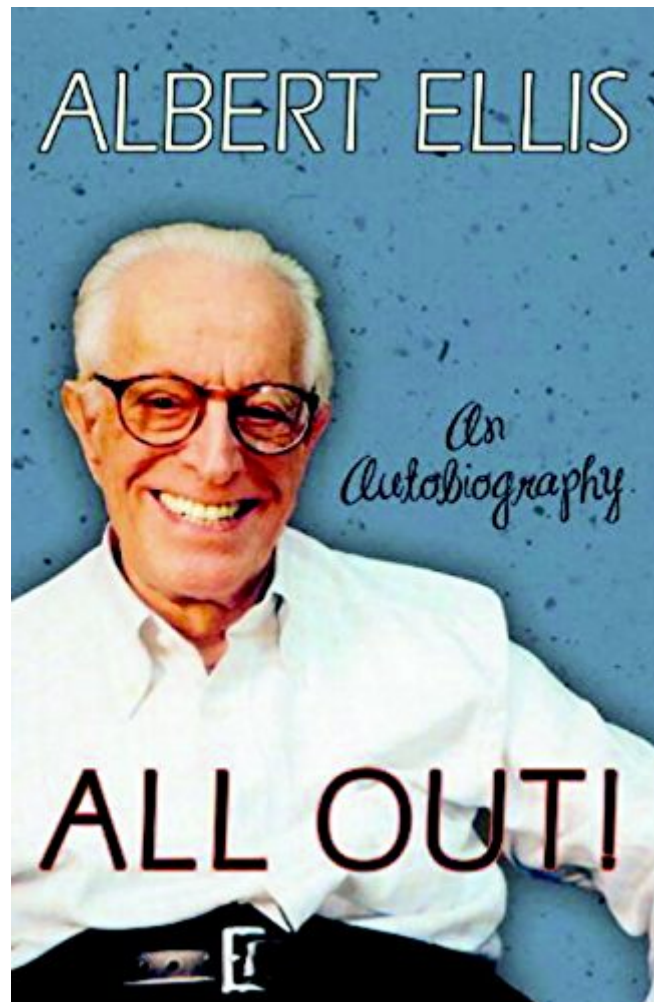


All Out!: An Autobiography PDF



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All Out!: An Autobiography by Albert Ellis ISBN 1591024528

This candid autobiography, the last work by renowned psychologist Albert Ellis, is a tour de force of stimulating ideas, colorful descriptions of memorable people and events, and straightforward, no-nonsense talk. Ellis, the creator of one of the most successful forms of psychotherapy—Rational Emotive Behavior Therapy (REBT)—recounts the memorable episodes of his life; discusses how he coped with emotional problems at different stages of life; describes his love life; and subjects his own self-description to a ruthlessly honest critique.

The heart of Ellis's book is his analysis of the psychological leitmotifs that have appeared again and again throughout his life. He describes the aim of this autobiography as follows: "As far as I can, I shall present my bad and good, stupid and intelligent, weak and strong points. Why? Because, following H. G. Wells's recommendation, I want to go as all-out as I can. I want to acknowledge my idiocies—and use REBT to feel sorry about but unashamed of them. I want to make the point—again a central tenet of REBT—that all humans are fabulously fallible—including,

of course, me. We have no real choice about this, but we can unconditionally accept ourselves—our so-called essence or being—with our fallibility. That will momentarily help us, probably encourage us to acquire unconditional self-acceptance (USA) and possibly inspire other people to give it to themselves, too." With a concluding chapter by Ellis's widow, Debbie Joffe Ellis, describing the final years of his life, this is the definitive summation of the life and work of one of psychology's most successful thinkers and practitioners.

All Out!: An Autobiography Review

This All Out!: An Autobiography book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of All Out!: An Autobiography without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry All Out!: An Autobiography can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This All Out!: An Autobiography having great arrangement in word and layout, so you will not really feel uninterested in reading.