

A guide to rational living (Download Only)

A New Guide to Rational Living A Guide to Rational Living A New Guide to Rational Living A Guide to Rational Living Coaching for Rational Living Rationality and the Pursuit of Happiness Rational and Irrational Beliefs A Practitioner's Guide to Rational-Emotive Behavior Therapy Albert Ellis Revisited Rational Living Clinical Applications of Rational-Emotive Therapy Overcoming Resistance Rational Living Rational Living, Rational Working Albert Ellis Live! Rational Emotive Behavior Therapy The Albert Ellis Reader Rational Living Rational Living The Cognitive Behavioral Workbook for Depression Getting what You Want The Myth of Self-esteem Anger: How to Live with and without It Health Through Rational Living Handbook of Rational-emotive Therapy The Practice of Rational Emotive Behavior Therapy RATIONAL LIVING SOME PRAC INFE The Rational Emotive Behavioural Approach to Therapeutic Change Better, Deeper And More Enduring Brief Therapy The Road To Tolerance Rational Living Rational Emotive Behaviour Therapy in India Rationality Rational-emotive Therapy Rational Living, Rational Working Theoretical and Empirical Foundations of Rational-emotive Therapy Rational-Emotive Therapy (Psychology Revivals) Publication List Walking Home Rational-Emotive Approaches to the Problems of Childhood

A New Guide to Rational Living

1979

table of contents 1 how far can you go with self analysis 2 you feel as you think 3 feeling well by thinking straight 4 what your feelings really are 5 thinking yourself out of emotional disturbances 6 recognizing and attacking neurotic behavior 7 overcoming the influences of the past 8 how reasonable is reason 9 the art of never being desperately unhappy 10 tackling dire needs for approval 11 eradicating dire fears of failure 12 how to stop blaming and start living 13 how to be happy though frustrated 14 controlling your own destiny 15 conquering anxiety 16 acquiring self discipline 17 rewriting your personal history 18 accepting reality 19 overcoming inertia and becoming creatively absorbed 20 living rationally in an irrational world

A Guide to Rational Living

1961

this eminently useful guide presents an up to date framework for rational emotive cognitive behavioral coaching re cbc from basic concepts techniques and applications to evidence of how and why this versatile method works it details how re cbc synthesizes the rational thinking cognitive disputing and semantic training traditions of re and cb therapies into coaching strategies for solving problems or furthering personal development the book s sections on process and techniques demonstrate the flexibility of the method as used in a variety of settings toward a gamut of purposes illustrating albert ellis central goal of long term happiness through rational living and specialized chapters offer applications of re cbc to familiar coaching domains life health family motivation as well as to the complex worlds of business and organizations included in the coverage coaching for rational living rational emotive cognitive behavioral perspectives psychological blockers to successful coaching outcomes enhancing positive psychology coaching practice assessment case formulation and intervention models a step based framework for coaching practice plus applications of rational emotive cognitive behavioral coaching including motivational parent family workplace stress management organizational change school success and sports performance coaching for rational living is a robust practice building resource for coaches psychologists counselors and health professionals particularly mental health practitioners who use rational emotive and cognitive behavioral therapy and coaching

A New Guide to Rational Living

1975

this book reveals how the principles of rational living identified by albert ellis one of the world s most influential and popular psychologists can be used by anyone to achieve lifelong happiness reveals the 11 principles of rational living that when put into practice can consistently increase levels of personal happiness includes selected excerpts from ellis writings revealing the difference between the psychological architectures of emotional unhappiness and human happiness presents verbatim transcripts of private counseling sessions as well as public lectures and demonstrations with people addressing a wide range of personal issues offers insights into how rationality can be used by anyone to reduce the intensity of negative emotions

to increase the frequency of positive emotions and to promote life satisfaction

A Guide to Rational Living

1966

in rational and irrational beliefs research theory and clinical practice leading scholars researchers and practitioners of rational emotive behavior therapy rebt and other cognitive behavioral therapies cbts share their perspectives and empirical findings on the nature of rational and irrational beliefs the role of beliefs as mediators of functional and dysfunctional emotions and behaviors and clinical approaches to modifying irrational beliefs enhancing rational beliefs and adaptive coping in the face of stressful life events offering a comprehensive and cohesive approach to understanding rebt cbt and its central constructs of rational and irrational beliefs contributors review a steadily accumulating empirical literature indicating that irrational beliefs are associated with a wide range of problems in living and that exposure to rational self statements can decrease anxiety and other psychological symptoms and play a valuable role in health promotion and disease prevention contributors also identify new frontiers of research and theory including the link between irrational beliefs and other cognitive processes such as memory psychophysiological responses and evolutionary and cultural determinants of rational and irrational beliefs a truly accessible state of the science summary of rebt cbt research and clinical applications rational and irrational beliefs is an invaluable resource for psychotherapy practitioners of all theoretical orientations as well as instructors students and academic psychologists

Coaching for Rational Living

2018-06-11

designed for both therapists in training and seasoned professionals this practical treatment guide introduces the basic principles of rational emotive behaviour therapy explains general therapeutic strategies and offers many illustrative dialogues between therapist and patient it breaks down each stage of therapy to present the exact procedures and skills therapists need and numerous case studies illustrate how to use these skills

Rationality and the Pursuit of Happiness

2010-10-26

albert ellis was one of the most influential psychotherapists of all time revolutionizing the field through his writings teachings research and supervision for more than half a century he was a pioneer whose ideas known as rational emotive behavior therapy rebt formed the basis of what has now become known as cognitive behavior therapy cbt the most widely accepted psychotherapeutic approach in the world this book contains some of ellis most influential writings on a variety of subjects including human sexuality personality disorders and religion with introductions by some of today s contemporary experts in the psychotherapy field the 20 articles included capture ellis wit humor and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully

Rational and Irrational Beliefs

2009-08-20

rational living explores the intersection of psychology and philosophy offering practical advice for people seeking to improve their mental health and emotional wellbeing filled with insights from modern psychology this book is an invaluable resource for anyone interested in personal growth and self improvement this work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it this work is in the public domain in the united states of america and possibly other nations within the united states you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public we appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

A Practitioner's Guide to Rational-Emotive Behavior Therapy

2013-08-15

since its launching in 1955 rational emotive therapy ret has become one of the most influential forms of counseling and psychotherapy used by literally thousands of mental health practitioners throughout the world from its beginnings ret has dealt with problems of human disturbance it presents a theory of how people primarily disturb themselves and what they can do particularly with the help of a therapist or counselor to reduce their disturbances ellis 1957a b 1958a b 1962 almost immediately after the creation of ret it became obvious that the methodology could be used in many other fields especially those involving human relations ellis harper 1961a and in love sex and marital relationships ellis 1958a 1960 1963a b ellis harper 1961b the evident popularity and clinical utility of ret in different cultures and its increasing application to contemporary problems of living indicate that rational emotive therapy continues to be vital and dynamic the growing appeal of ret may be due in part to its essentially optimistic outlook and humanistic orientation optimistic because it provides people with the possibility and the means for change showing to people how their attitudes and beliefs are responsible for their emotional distress and interpersonal problems and not some out of conscious early childhood experience awakens in them the hope that in reality they have some control over their destiny

Albert Ellis Revisited

2013-10-15

with a new foreword by raymond digiuseppe phd scd st john s university albert ellis has written many books on his favorite topic rational emotive behavior therapy although he writes on that topic very well he often does not write about generic psychotherapy rebt is an integrative form of psychotherapy following this model psychotherapists can incorporate many diverse techniques and strategies to change clients dysfunctional behaviors and emotions much of what al identifies as good rebt in this book is just good psychotherapy because people so universally identify al with rebt people may generally overlook his wisdom as a clinician having worked with al for more than thirty years i have been fortunate enough to learn from him much of the knowledge i learned from al and cherish the most is not necessarily about rebt theory they concern wise ways of thinking about clinical problems that is why out of all al s books this is my favorite this is al ellis the clinician from the foreword by raymond digiuseppe phd scd director of professional education albert ellis institute professor and chair department of psychology st john s university now available in an affordable paperback this edition takes a look at the underlying causes of resisting cognitive emotional behavioral change and the methods used to overcome them written in present action language ellis gives an overview of the basic principles of rational emotive behavior therapy and cognitive behavior therapy ellis charts the changes in the field that have taken place in the 20 years leading up to 2002 when this edition was originally published the book also integrates recent therapies into rebt including psychotherapy solution focused therapy and recent findings of experimental psychology

Rational Living

2023-07-18

are you trying to live rationally and facing all kinds of difficulties how do you deal with people who won t listen to logical arguments how should you react to situations of massive unfairness this book provides practical advice on how to live rationally and maximize your chances of happiness in every situation amongst others it will show you how to minimize stress and maintain your peace of mind benefit from the advantages of non linear thinking avoid short sighted decisions and increase your resilience during times of adversity each chapter contains real life examples of individuals who have used reason to surmount obstacles solve personal problems and recover from setbacks the ideas presented in this book will help you make better decisions increase your effectiveness and enjoy the benefits of rational living table of contents 1 become conscious of your uniqueness a method for building an unshakable self confidence overcome weaknesses in one area by strengths in others let go of distractions and focus on your unique talents it is time to discard meaningless comparisons why do millions of people waste their talents 2 dream in decades but live by days get rid of work overload and improve your results the type of deadlines that generate little stress quick relief for those who are about to quit the right way to deal with adversity before you make a rash move read this a proven solution to a critical problem 3 understand that most people won t understand are you afraid of rejection and failure the most effective method for overcoming self doubt warning irrational motivation can wipe you out do not trust inaccurate interpretations when the wrong choice turns out to be right

making difficult decisions with as little risk as possible 4 look for healing in nature can you maintain your good habits in difficult times three inexpensive remedies for everyday complaints how emotional stability helps you lead a good life practical steps to reduce harmful stress do you want to become a centenarian the fountain of youth has already been discovered 5 call things by their names two thieves that are stealing your life away how to become immune to manipulation exotic explanations are seldom true a powerful idea that has brought relief to many seven types of irrational behaviour to stay away from the courage to keep asking questions 6 find serenity in silent places three mistakes that can destroy your peace of mind the dire consequences of short sighted behaviour how an overstressed celebrity regained his serenity people who are free of anxiety do this every day an ancient formula for tranquillity in times of turmoil stay away from theories that don't work 7 embrace non linear thinking a widespread delusion that can kill your motivation four practical lessons you can learn from monks the opportunities that lie behind disruptive events how to produce good results with few resources a non linear approach is often the only one that works for those who believe that they have no opportunities 8 stay away from evil people the personal benefits of a peaceful philosophy individuals seldom change in any fundamental way avoid recklessness and you'll have a brighter future nobody can explain colours to the blind withdrawal is a mighty weapon a true story that showed me how to stay safe 9 make resilience your biggest strength ignore fairy tales and you will do well how rationality reinforces your strengths if you want to sail far keep the wind on your back enjoy the luxuries of a simple lifestyle is the best option so close to you that you cannot see it avoid the temptation to exaggerate your problems

Clinical Applications of Rational-Emotive Therapy

2013-11-11

seminars by professor windy dryden see the man live and in action to find out more and to book your place go to cityminds.com a remarkably useful book for the practitioners of rational emotive behaviour therapy and other kinds of cognitive behaviour therapy very clearly and intensively covers what effective therapeutic change is and the therapist's and the client's role in following it and in fighting against relapsing dryden's and neenan's book includes many important points that are often omitted from rebt and other therapies definitive and thoroughgoing albert ellis president of albert ellis institute albert ellis live is a collection of five transcripts of therapy sessions conducted by albert ellis the founding father of rational emotive behaviour therapy rebt with commentary by windy dryden bestselling author and expert on rebt albert ellis live provides a unique opportunity to listen in on a master therapist carrying out the therapy which he originated each of the five transcripts presents a counselling session conducted by ellis himself with a volunteer client each transcript is accompanied by a commentary in which windy dryden explains what ellis is doing and why published in celebration of ellis 90th birthday albert ellis live will be invaluable to students and practitioners of this approach offering them a unique insight into the theory and practice of rebt

Overcoming Resistance

2007-07-31

from the often credited creator of psychology's cognitive revolution albert ellis comprehensive guidebook for practicing therapists includes thorough discussions of theory and procedures case examples and dozens of exercises modern cognitive behavioral therapy has its roots in the rational approach created by albert ellis the father of rational therapy in the 1950s now known as rational emotive behavior therapy rebt ellis systematic integrative approach has grown and matured into powerful mainstream psychotherapy hundreds of thousands of patients have benefited from the active interventions of therapists using the rebt model major themes in this user friendly manual theory of rebt practice of rebt cognitive techniques emotive and experiential techniques behavioral techniques integration of rebt and other therapies back cover

Rational Living

1968

a collection of 30 of the most popular and controversial articles by albert ellis founder of rational emotive behavior therapy each piece is updated by dr ellis especially for this volume topics include sex love marriage anger rational living and more

Rational Living, Rational Working

2013-12-08

excerpt from rational living some practical inferences from modern psychology it is with considerable hesitancy that one undertakes to point out the practical suggestions of modern psychological investigations scientific workers in this field have a natural prejudice against attempts to make their science quickly useful and this feeling is so strong on the part of many that one almost seems to proclaim himself to such as a charlatan at once if he attempts to draw practical inferences from this study and to make these inferences generally available but is it not possible that we might well heed just here hilty s illuminating word truth wherever it may be sought is as a rule so simple that it often does not look learned enough about the publisher forgotten books publishes hundreds of thousands of rare and classic books find more at forgottenbooks com this book is a reproduction of an important historical work forgotten books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy in rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition we do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

Albert Ellis Live!

2003-07-18

cognitive behavioral therapy cbt is the most widely used treatment for depression for one simple reason it works the cbt program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves used alone or in conjunction with therapy the cognitive behavioral workbook for depression delivers evidence based tools you can confidently use to do better feel better and prevent depression from coming back through a series of worksheets and exercises you ll evaluate your depression and learn key skills for overcoming it once you have your depression symptoms under control you will appreciate the additional information on preventing relapse that is special to this new edition this workbook also includes twenty five bonus tips from depression experts that can jump start your recovery recommended by therapists nationwide this workbook will help you bounce back from depression one solid step at a time includes worksheets and exercises that will help you move past the negative beliefs about yourself that keep you trapped in the depression cycle apply behavioral techniques that therapists use with their clients such as activity scheduling discover effective ways to cope with feelings of stress anxiety and anger avoid procrastinating and learn to anchor the positive changes you make to maintain your progress chock full of the ready to use strategies you will need to help you feel good again jon carlson psyd edd distinguished professor at governors state university

Rational Emotive Behavior Therapy

2005

the author shares his insights into achieving success in every area of life from business and financial security to romance

The Albert Ellis Reader

1998

a stimulating examination of how the teachings of the world s greatest thinkers and philosophers dovetail or don t with ellis s three core concepts unconditional acceptance of the self others and the world the book which includes multiple self acceptance exercises may be among his best every page offers a fresh insight into rational emotive behavior therapy ellis s doctrine of modern stoicism psychology todayalbert ellis is a contemporary prophet whose ideas will be remembered along with those of jesus buddha lao tzu and sartre in this important book he shows how to develop self acceptance as well as to learn how to create healthy relationships in a world of increasing involvement with machines i e computers televisions video games and decreasing involvement with people nothing could be more needed jon carlson psyd edd abpp distinguished professor governors state universitythis wonderful book as it helps us move toward greater compassion for ourselves for others and for our troubled world is one more significant contribution by dr ellis not only toward greater personal happiness but also toward a better world howard c cutler m d coauthor with the dalai lama of the art of happiness a handbook for

living what exactly is self esteem most people as well as many psychologists and educators believe we need it that it is good for our emotional well being and that it makes us more successful world renowned psychologist albert ellis says no it is all a myth according to ellis self esteem is probably the greatest emotional disturbance known to humans self esteem results in each of us praising ourselves when what we do is approved by others but we also damn ourselves when we don't do well enough and others disapprove of us what we need more than self esteem ellis maintains is self acceptance in the myth of self esteem ellis provides a lively and insightful explanation of self esteem and self acceptance examining the thinking of great religious teachers philosophers and psychologists including lao tzu jesus spinoza nietzsche kierkegaard buber heidegger sartre tillich d t suzuki the dalai lama carl rogers and nathaniel branden among others he then provides exercises for training oneself to change self defeating habits to the healthy positive approach of self acceptance these include specific thinking techniques as well as emotive and behavioral exercises he concludes by stressing that unconditional self acceptance is the basis for establishing healthy relationships with others along with unconditional other acceptance and a total philosophy of life anchored in unconditional life acceptance

Rational Living

2015-06-26

with a new foreword by raymond a digiuseppe ph d classic self help from a respected pioneer of psychotherapy anger it is one of our most basic and often most destructive human emotions and in today's world it is a constant escalating force from road rage to domestic abuse from teen violence to acts of terrorism more than ever we need effective ways to live with it understand it and learn to deal with it this landmark book from world renowned psychotherapist dr albert ellis creator of rational emotive behavior therapy rebt shows you how presented in a simple step by step program that anyone can master the proven time tested principles of rebt teach you to manage and even eliminate anger without sacrificing necessary assertiveness here you'll discover what exactly is anger and must you feel it how you create your own anger methods of thinking feeling and acting your way out of anger why holding on to anger is sometimes fun and how to let it go how to use rebt to cope with tragic events that are far beyond our control and much more including numerous real world case studies plus a comprehensive critical analysis of the various approaches to this age old problem whether at home or at work in a personal or political context this breakthrough approach will enable you to take control of the anger that can stand in the way of success and happiness

Rational Living

1919

unlike some other reproductions of classic texts 1 we have not used ocr optical character recognition as this leads to bad quality books with introduced typos 2 in books where there are images such as portraits maps sketches etc we have endeavoured to keep the quality of these images so they represent accurately the original artefact although occasionally there may be certain imperfections with these old texts we feel they deserve to be made available for future generations to enjoy

The Cognitive Behavioral Workbook for Depression

2012-06-01

reissued with a new foreword by raymond digiuseppe phd scd st john's university new trainees often get the theory of psychopathology they struggle to get the case conceptualization and the strategic plan then they ask themselves what do i do now going from the abstractions to the actions is not always clear the practice of rational emotive behavior therapy represents a compilation of years of theoretical and clinical insights distilled into a specific theory of disturbance and therapy and deductions for specific clinical strategies and techniques the structure of this book focuses on an explication of the theory a chapter on basic practice and a chapter on an in depth case study a detailed chapter follows on the practice of individual psychotherapy although the book is not broken into sections the next four chapters represent a real treasure the authors focus on using rebt in couples family group and marathons sessions doing rebt with one person is difficult to learn once the clinician adds more people to the room with different and sometimes competing agendas things get more complicated these chapters will not only help the novice clinician but also the experienced rebt therapists work better in these types of sessions so consider yourself lucky for having picked up this book reading it will help many people get better from the foreword by raymond digiuseppe phd scd director of professional

education albert ellis institute professor and chair department of psychology st john s university this edition involving a unique collaboration between albert ellis and the world s greatest ellis scholar windy dryden modernizes ellis s pioneering theories the book begins with an explanation of rational emotive behavior therapy as a general treatment model and then addresses different treatment modalities including individual couple family and sex therapy the authors have added material new since the book s original edition on teaching the principles of unconditional self acceptance in a structured group setting with extensive use of actual case examples to illustrate each of the different settings and a new brand new foreword by raymond digiuseppe that sets the book into its 21st century context

Getting what You Want

2000

this work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it this work was reproduced from the original artifact and remains as true to the original work as possible therefore you will see the original copyright references library stamps as most of these works have been housed in our most important libraries around the world and other notations in the work this work is in the public domain in the united states of america and possibly other nations within the united states you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work as a reproduction of a historical artifact this work may contain missing or blurred pages poor pictures errant marks etc scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public we appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

The Myth of Self-esteem

2010-08-05

seminars by professor windy dryden see the man live and in action to find out more and to book your place go to cityminds com the rebt approach to therapeutic change is again an excellent introduction for trainee and practising counsellors or anyone interested in the subject the outline of the approach is very clear and is helped by examples in chart form mark edwards nurturing potential a remarkably useful book for the practitioners of rational emotive behaviour therapy and other kinds of cognitive behaviour therapy definitive and thorough going albert ellis change is at the heart of counselling and psychotherapy clients enter into the therapeutic process in the hope that something in themselves or their situation will be different by the end counsellors and psychotherapists therefore need to understand the nature of change and how best to facilitate it this is the subject of the rational emotive behavioural approach to therapeutic change central to the rebt approach is the view that many of the problems people experience in life are largely determined by irrational beliefs they hold about themselves other people and the world the therapist s role is therefore to help clients identify challenge and change these unhelpful beliefs the book describes the cognitive emotional and behavioural techniques which clients can use to promote psychological change in themselves it also discusses obstacles to change which may arise at different points in the therapeutic process and provides strategies for tackling them despite its centrality within counselling and psychotherapy surprisingly little has been written on the subject of change and in a way that is accessible for trainees and practitioners the rational emotive behavioural approach to therapeutic change will be welcomed both by those specializing in rebt and those trained in other approaches wanting to learn more about the change process in counselling and psychotherapy

Anger: How to Live with and without It

2017-02-28

first published in 1996 routledge is an imprint of taylor francis an informa company

Health Through Rational Living

2012-08

a book filled with wisdom the wisdom of a man who has observed his fellow creatures interacted with them and become very acquainted with their positive and negative aspects in this book ellis does not spare himself or anyone else it allows anyone who reads it to get closer to other people

and to himself also this is a rare opportunity to share what has been accumulating in albert ellis's head for almost 90 years william glasser md author of warning psychiatry can be hazardous to your mental health in this overview of one of the most successful forms of psychotherapy rational emotive behavior therapy rebt its creator and chief advocate albert ellis explains at length the principles underlying this therapeutic approach and shows how beneficial it can be not only for therapy but also as a basic philosophy of life as the title indicates rebt promotes an attitude of tolerance an open minded willingness to accept the frailties less than ideal behaviors and unique characteristics of both others and ourselves ellis persuasively demonstrates that lack of tolerance of our own imperfections can easily lead to emotional disturbances and unhappiness and intolerance of others which fails to account for the great diversity of human personalities and behaviors can become a serious disruptive force in today's highly diverse multicultural global society to counter such negative tendencies ellis advocates the adoption and practice of three basic attitudes of tolerance 1 unconditional self acceptance usa 2 unconditional other acceptance uoa and 3 unconditional life acceptance ula he discusses the philosophical foundations of these principles and then devotes a number of chapters to comparing rebt to spiritual and religious philosophies he points out the dangers of fanatical tendencies in religion while also showing how the basic principles of rebt are similar to some ancient religious philosophies such as zen buddhism and the judeo christian golden rule in addition he criticizes certain secular philosophies for their extremism including fascism and ayn rand's objectivism and he also discusses the ramifications of applying rebt in the social political and economic sphere in emphasizing how easy it is for all of us to think feel and act intolerantly ellis brilliantly shows that tolerance is a deliberate rational choice that we can all make both for the good of ourselves and for the good of the world

Handbook of Rational-emotive Therapy

1977

this work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it this work was reproduced from the original artifact and remains as true to the original work as possible therefore you will see the original copyright references library stamps as most of these works have been housed in our most important libraries around the world and other notations in the work this work is in the public domain in the united states of america and possibly other nations within the united states you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work as a reproduction of a historical artifact this work may contain missing or blurred pages poor pictures errant marks etc scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public we appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

The Practice of Rational Emotive Behavior Therapy

2007-07-31

rational emotive behaviour therapy in india very brief therapy for problems of daily living is the first book of its kind to look specifically at using rational emotive behaviour therapy rebt for helping people with problems that are common in india based on training workshops given by professor windy dryden in mumbai this book presents transcripts of the workshop sessions alongside professional commentary followed by reflections from the volunteers themselves with the emphasis on everyday problems and clear examples of how rebt is applied rational emotive behaviour therapy in india will be essential reading for psychotherapists students and other mental health professionals working in india and anyone interested in the cross cultural application of psychotherapy

RATIONAL LIVING SOME PRAC INFE

2016-08-27

a times book of the year 2021 punchy funny and invigorating pinker is the high priest of rationalism sunday times if you've ever considered taking drugs to make yourself smarter read rationality instead it's cheaper more entertaining and more effective jonathan haidt author of the righteous mind in the twenty first century humanity is reaching new heights of scientific understanding and at the same time appears to be losing its mind how can a species that discovered vaccines for covid 19 in less than a year produce so much fake news quack cures and conspiracy theorizing in rationality pinker rejects the cynical cliché that humans are simply an

irrational species cavemen out of time fatally cursed with biases fallacies and illusions after all we discovered the laws of nature lengthened and enriched our lives and set the benchmarks for rationality itself instead he explains we think in ways that suit the low tech contexts in which we spend most of our lives but fail to take advantage of the powerful tools of reasoning we have built up over millennia logic critical thinking probability causal inference and decision making under uncertainty these tools are not a standard part of our educational curricula and have never been presented clearly and entertainingly in a single book until now rationality matters it leads to better choices in our lives and in the public sphere and is the ultimate driver of social justice and moral progress brimming with insight and humour rationality will enlighten inspire and empower a terrific book much needed for our time peter singer

The Rational Emotive Behavioural Approach to Therapeutic Change

2004-02-06

are you trying to live rationally and facing all kinds of difficulties how do you deal with people who won't listen to logical arguments how should you react to situations of massive unfairness this book provides practical advice on how to live rationally and maximize your chances of happiness in every situation amongst others it will show you how to minimize stress and maintain your peace of mind benefit from the advantages of non linear thinking avoid short sighted decisions and increase your resilience during times of adversity each chapter contains real life examples of individuals who have used reason to surmount obstacles solve personal problems and recover from setbacks the ideas presented in this book will help you make better decisions increase your effectiveness and enjoy the benefits of rational living table of contents 1 become conscious of your uniqueness a method for building an unshakable self confidence overcome weaknesses in one area by strengths in others let go of distractions and focus on your unique talents it is time to discard meaningless comparisons why do millions of people waste their talents 2 dream in decades but live by days get rid of work overload and improve your results the type of deadlines that generate little stress quick relief for those who are about to quit the right way to deal with adversity before you make a rash move read this a proven solution to a critical problem 3 understand that most people won't understand are you afraid of rejection and failure the most effective method for overcoming self doubt warning irrational motivation can wipe you out do not trust inaccurate interpretations when the wrong choice turns out to be right making difficult decisions with as little risk as possible 4 look for healing in nature can you maintain your good habits in difficult times three inexpensive remedies for everyday complaints how emotional stability helps you lead a good life practical steps to reduce harmful stress do you want to become a centenarian the fountain of youth has already been discovered 5 call things by their names two thieves that are stealing your life away how to become immune to manipulation exotic explanations are seldom true a powerful idea that has brought relief to many seven types of irrational behaviour to stay away from the courage to keep asking questions 6 find serenity in silent places three mistakes that can destroy your peace of mind the dire consequences of short sighted behaviour how an overstressed celebrity regained his serenity people who are free of anxiety do this every day an ancient formula for tranquillity in times of turmoil stay away from theories that don't work 7 embrace non linear thinking a widespread delusion that can kill your motivation four practical lessons you can learn from monks the opportunities that lie behind disruptive events how to produce good results with few resources a non linear approach is often the only one that works for those who believe that they have no opportunities 8 stay away from evil people the personal benefits of a peaceful philosophy individuals seldom change in any fundamental way avoid recklessness and you'll have a brighter future nobody can explain colours to the blind withdrawal is a mighty weapon a true story that showed me how to stay safe 9 make resilience your biggest strength ignore fairy tales and you will do well how rationality reinforces your strengths if you want to sail far keep the wind on your back enjoy the luxuries of a simple lifestyle is the best option so close to you that you cannot see it avoid the temptation to exaggerate your problems

Better, Deeper And More Enduring Brief Therapy

2013-06-17

rational emotive therapy was developed over a number of years from the work of albert ellis who set up the institute of rational emotive therapy in new york as a form of therapy it integrates some of the features of both the behaviour therapies and the more traditional psychotherapies although its closest links are with cognitive behaviour therapy originally published in 1984 this was the first book by a british author on this subject and it brings together all the author's previous work in this area its unique character is that it presents both the fundamentals based on the work of ellis and innovations developed in part by the author extending this work the book therefore combines theory and practice and will be of interest to those in counselling clinical

psychology psychiatry and social work as well as those in nursing and occupational therapy

The Road To Tolerance

2009-09-25

describes the author s travels as he walked the pennine way through england and stopped each night to give a poetry reading in a different village in return for a place to sleep

Rational Living

2019-03-03

Rational Emotive Behaviour Therapy in India

2019-02-21

Rationality

2021-09-28

Rational-emotive Therapy

1975

Rational Living, Rational Working

2015-11-21

Theoretical and Empirical Foundations of Rational-emotive Therapy

1979

Rational-Emotive Therapy (Psychology Revivals)

2014-08-07

Publication List

19??

Walking Home

2013-03-25

Rational-Emotive Approaches to the Problems of Childhood

1983-11-30