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# A GUIDE TO RATIONAL LIVING

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Foreword by

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## A Guide to Rational Living



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Direct, get-to-the-heart-of-the-problem methods to teach you everything you do to needless upset yourself and make yourself emotionally more powerful by the creators of the most popular forms of therapy in the world. Since that time, I am delighted to state, I have offered 1. From the foreword by publisher Melvin Powers: Years back, after two decades of burning up the midnight essential oil, reading manuscripts which professed to possess all the virtues that one actually possesses, I found the original New Guidebook to Rational Living—a gem that has become a classic in the field of psychology.5 million copies of the book in prior editions. In the 1st chapter of this extraordinary new edition of HELPFUL INFORMATION to Rational Living, Drs. Undoubtedly this new, up to date third edition will verify especially valuable to present-day readers, who face unprecedented difficulties in daily living. This not only makes for a far more interesting book but creates self-confidence in the reader regarding the techniques suggested, all of which have proven effective in a clinical setting. You've chosen to learn a book which has set the standard and that likely will stay the standard for a long time to come. Numerous visitors have thanked me to make the book available and also have related how positively it has affected their lifestyle. Albert Ellis and Robert A. 2: The idea that you must be thoroughly competent, adequate, and achieving.” This book, unlike others you likely have read, employs none of the jargon usually connected with psychology or psychiatry, and this could prove to be the very best book in psychotherapy for laymen ever written. They have teaching and a host of case histories, to buttress their tips. The authors make use of a unique method of projecting their solutions to common problems. Hence, they explain that the average person who feels inadequate and insecure is suffering from, for example, “Irrational Belief No. Harper exhibit the wish that readers won't “jump to the conclusion that we give away the same old hackneyed, Pollyannaish message that you will find long ago considered and rejected as having no useful value.” Drs. Melvin Powers, Publisher Wilshire Book Company It can provide emotionally disturbed people with many answers they seek, and it can help everyone to experience better about themselves also to cope with their lives better. Anyone who has read numerous euphoric and inspirational books without attaining lasting success will particularly appreciate this publication. Their direct, get-to-the-heart-of-the-problem methods display wide variance with most orthodox remedies that drag on interminably with clients never quite knowing where they stand. So far as I can see, here certainly lies, along with group therapy, the path psychotherapy will take if it intends to make a real contribution to extensive health. If you feel you have the rigorous honesty necessary to conduct self-evaluation, this book will be the most significant one you have ever read. And it'll seem a boon to those who cannot spend the high fees charged for specific treatment. You have my greatest wishes as you join the 1.5 million people who have go through and greatly benefited from A Guide to Rational Living since my publication of the first edition. For although A Guide to Rational Living makes no claims, it can help readers more than all the other books put together. Ellis and Harper make use of ten such ideas to bring out the scope of their psychotherapy, with subtle, helpful solutions that reflect their huge experience as therapists.



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A Little Out-Dated but Still Offers New Beliefs to Live By I had by no means heard about REBT but I ran across its principles in a psych article and thought it was enlightening: The theory that the main element to improvement isn't to become more positive, but instead to become more RATIONAL, and more broadly that by controlling our beliefs we are able to alter our moods. This fundamental premise is amazing and during the initial publishing date, it was revolutionary and controversial. Actually, the initial 5 chapters (which you can arguably skip) go in to the science behind this theory and requires a lot of time to refute or respond to rebuttals from additional doctors and researchers who questioned Ellis and Harper's theories. Concerning HELPFUL INFORMATION to Rational Living, yes I would recommend this book. The really helpful part is in the description of the very most common irrational beliefs and how to alter your thinking so they don't depress or enrage you. I noticed this list online and it is what influenced me to get this book, so I will put it right here for you personally: 1. The idea that you must be miserable when you have pressures and difficult experiences; 2. No, I don't believe this feeling is totally removed from me, but I've had the blissful luxury of beginning to chip aside at it with the tools in this chapter. 3. The theory that other folks absolutely must not act obnoxiously and unfairly, and, that when they do, you should blame and damn them, and find them as bad, wicked, or rotten people (127). and that you have little capability to control, and cannot switch, your disturbed feelings (155). The theory that you need to see things to be awful, awful, and catastrophic when you are seriously discouraged or treated unfairly (139). It is rather dated and the diction and conversations reveal its age. The idea that you need to have love or approval from all of the significant people in your life (101). 4. Personally, I am happy that I read Feeling Good before I read this publication, as Feeling Great was a fantastic introduction to the energy of my own brain over my emotions. They're almost mocking the clients, at times, and think of their approach to psychoanalysis as "tough love." 7. Much of the content is beautiful for the freedom it includes the reader once s/he digests and accepts the philosophy. Five Stars Great self-help book. The idea that your previous remains all-essential and because something once strongly influenced your life, it must keep determining your emotions and behavior today (187). 9. I thought entering this that #1 was going to be the chapter that best put on my entire life, but as we read I realized how much of my tension actually stems from #3. 10. The book will suffer from one thing--constant redundancy. The theory that people and things absolutely must be much better than they are and that it's awful and horrible if you fail to change lifestyle's grim information to suit you (197). I didn't realize just how much judgment I was spewing predicated on this irrational belief, looked after explained fights I've got with others when I've been on the receiving end of that irrationality. This book gives advice predicated on both sides of the fence, and has some nice sections on fostering more rational self-talk as a way to alleviate crippling feelings. The other thing that was helpful for me was realizing that I had been practicing a lot of this, and it made me thankful for my father who always challenged my perspectives whenever I got worked up about "nothing." I also lately had a friend who was simply informing me that I am too calm and I will become more upset about items (my dysfunctional childhood, the loss of a loved one) and I acquired kind of upset and wondered easily was "in denial" or "too cold." Reading this made me realize that I was in fact responding in an extremely healthy way--letting myself experience deep emotions but snapping from it, and approaching my entire life from the "big picture," and thinking rationally in an effort to stave off long-term despair, resentment, and stress. I am looking to change just how I talk to both myself and with these friends. This is first published in 1961, and it shows. 5." It had been pretty awkward, and I felt myself cringing. Five Stars This seems to be

having a much needed affect. The theory that if something is certainly dangerous or fearsome, you need to obsess about it and frantically make an effort to escape from it (163)." These were speaking very nonchalantly about topics like death and suicide. They kind of encourage people to "just overcome a death" by realizing that "it isn't a DISASTER" and "You are not the one who's dead. I found it amusing, but I could see how a modern reader may be alienated because of it, and I question if an updated version might be helpful. I do understand that they discuss "healthful grieving" and encourage people to have deep emotions; Ellis says to many areas of my life and also have found them to end up being very accurate and helpful. I haven't finished the reserve, I'll admit. Saying things like, "if you are children die it is not the finish of the globe," or "if that is therefore upsetting, then you can certainly commit suicide" really detracts from their credibility. It isn't almost as easy to digest as Feeling Good, therefore I do think it is important to start there, but there are several very helpful issues in this guide that I didn't take from Feeling Good. Personally, I think that some mix of empathy and reasoning may be the ideal, and I would NOT recommend speaking to friends like this. All together, I would recommend this book and think it has the potential to change how you think, and subsequently how you feel. My because of the authors. I didn't give this 5 stars due to the writing design and awkward customer conversations that are used as the principal examples for every irrational belief. The best I've ever read. 6. Personally, I suffer from depression, and I've been using both these books as tools to try to work on recovering from my illness. While I start to see the value in these chapters that aim to explain and create the theory behind their methods, I found them a little bit redundant and dry. I also recognize, in defense of the authors, that the conversations are excerpted and probably removed from context, getting used to highlight the irrationality of the beliefs (which is what this publication is approximately, after all) rather than to highlight their bedside manner, But I can see this turning off readers. I believe Feeling Good is the better place to begin because it has a stronger emphasis on recording your automatic thoughts (described here as Irrational Beliefs by Ellis). Since Feeling Great taught me how essential it was to create distorted thoughts, I could use the equipment from that book as I experienced Ellis and Harper's book." Influences of the past was an integral chapter for me personally, because after I read through that chapter, I could reflect on my emotions towards my parents and forgive them for the things I still blamed them for. Particular things in this book which were keys to my own very well being were the chapters, "Overcoming the Influences of days gone by," and "Conquering Anxiety and Panic. I came across the behavioral model he describes to become pretty simple, easy to comprehend and quite accurate. I was able to address this guideline within myself and discover a fresh token of peace. Also in their defense, I appreciated (at times) their levity, which highlights the absurdity in some of the clients' beliefs (it is also helpful to laugh at yourself when you are thinking therefore crazily), nonetheless it was often strange and actually uncomfortable to read their fairly impersonal recount of their clients' issues also to make light of grave topics. I only just finished the chapter, "Conquering Anxiety and Panic." I feel this chapter too helped me to think about what it is that's bothering me with a specific issue I have been struggling with for a long time. The theory that you absolutely must be thoroughly competent, sufficient, and achieving or The idea that you need to be competent or talented in a few important area (115). The idea you could achieve maximum joy by inertia and inaction or by passively and uncommittedly having a good time (207). It seems that Ellis and Harper discovered one cognitive guideline and tried to find 150+ different opportunities to rephrase it. They really enjoy the words, "horrible," "horrible," "awful," and "must. Four Stars stories are out of date but the theories still apply The examples given in this publication are

highly relatable and the lessons can be readily put on one's existence. Through it's repetition, the book hopes to drill in your mind a new way of considering reality that allows you to treat yourself with more dignity and respect. The idea that you can easily avoid facing many issues and self-responsibilities but still lead an extremely fulfilling existence (177). I really believe this book can be a powerful tool for you personally in overcoming the issues which have tortured you for a long time.. This is a great book. I found the behavioral model he describes . It's not perfect (which you'll learn is certainly a fantasy in any case), nonetheless it teaches you something useful, which may be the most you could ask for. Five Stars Very useful book for somebody who wasn't taught much about how never to let my emotions dominate! This is an excellent book. There was an extremely particular passage explaining that people create rules for themselves that allow them to continuously revive the pains they felt if they were younger. It isn't the event that upsets us but what we think about it that determines if it is bad or not really. I am applying a lot of what Dr. rather they are aiming to discuss neuroses, and make use of a good example of a man who was simply still grieving 7 years later over his mother's death as intensely as the day after (to exemplify irrational belief #5). I am able to cope with being unemployed at the moment, my childhood, and a breakup of a friendship that I valued. The only problem I've with the book is that some of the phrasing in it is pretty awkward or difficult to understand without having to read it several times. I am on the second read of this reserve and am highlighting areas that have helped me cope with some nerve-racking situations. I highly recommend it to anyone who's having a problem dealing with some challenging areas in his/her lifestyle. Ok Ok but not the best. Four Stars It's a decent publication, not a must-have web page turner. 8. A definite recommendation for the reader who is suffering from depression or anxiety I bought this reserve after reading about half of David Burns Feeling Good and seeing tips for this publication in those reviews. Five Stars Most excellent go through! Additionally, the writers come of mainly because glib, arrogant, and insensitive. I understand some individuals with depression and anxiety issues, and this in addition has helped me understand them (what they're thinking and why it really is so detrimental to their mental health).. Recommended reading for all! Amazing book. You are acceptable, with flaws, with goods, with bads, and how you view the world is bringing you more discomfort than you deserve. I'd want everyone to learn this book." Although book does sometimes become repetitive, it's message is no less powerful.



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