

A New Guide To Rational Living Albert Ellis

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A Guide to Rational Living is a classic self-help manual and introduction to rational emotive therapy. The style of the book is somewhat rambling and "story telling," and some of the information is now a bit out of date, but the list of irrational ideas and the Disputing Irrational Beliefs activity are still very valuable.

[A New Guide to Rational Living by Albert Ellis](#)

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New, Updated Third Edition of A Guide to Rational Living... An International Classic in the Field of Psychology By the creators of the most popular forms of therapy in the world: Cognitive Behavior...

[A New Guide to Rational Living - Albert Ellis- Robert A -](#)

A New Guide to Rational Living (Paperback) Published January 1st 1975 by Wilshire Book Company. Paperback, 233 pages. Author (s): Albert Ellis (Foreword), Melvin Powers (Foreword by) , Robert A. Harper. Average rating:

[Editions of A New Guide to Rational Living by Albert Ellis](#)

A new guide to rational living This edition published in 1975 by Wilshire Book Co. in N. Hollywood, Calif.

[A new guide to rational living \(1975 edition\) - Open Library](#)

In the first chapter of this extraordinary new edition of A Guide to Rational Living, Drs. Albert Ellis and Robert A. Harper express the hope that readers will not ijump to the conclusion that we hand out the same old hackneyed, Pollyannaish message that you may have long ago considered and rejected as having no practical value.

[A Guide to Rational Living- Albert Ellis- Robert A- Harper -](#)

Well I'll try to be brief and to the point. I got this vintage shorter version of Ellis' thoughts on the relationship between how we think, feel, and behave because I recently read "Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy" which is a longer compilation of his writings.

[Amazon.com: Customer reviews: A New Guide to Rational Living](#)

Extensively updated to include clinical findings over the last two decades, this third edition of A Practitioner's Guide to Rational-Emotive Behavior Therapy reviews the philosophy, theory, and clinical practice of Rational Emotive Behavior Therapy (REBT).

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Albert Ellis (September 27, 1913 ‡ July 24, 2007) was an American psychologist and psychotherapist who founded Rational Emotive Behavior Therapy (REBT). He held MA and PhD degrees in clinical psychology from Columbia University, and was certified by the American Board of Professional Psychology (ABPP). He also founded, and was the President of, the New York City-based Albert Ellis Institute.

[Albert Ellis - Wikipedia](#)

A new guide to rational living. Englewood Cliffs, N.J. : Prentice-Hall. MLA Citation. Ellis, Albert. and Harper, Robert A. A new guide to rational living / Albert Ellis and Robert A. Harper Prentice-Hall Englewood Cliffs, N.J 1975. Australian/Harvard Citation. Ellis, Albert.

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A practitioner's guide to rational-emotive therapy / by: Walen, Susan R. Published: (1992) Albert Ellis live! by: Dryden, Windy. Published: (2003) A practitioner's guide to rational-emotive therapy / by: Walen, Susan R. Published: (1980)

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