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Rational Emotive Behavior: It Works for Me, it Can Work for You (Paperback)

By Albert Ellis

Prometheus Books, United States, 2004. Paperback. Book Condition: New. 226 x 142 mm. Language: English . Brand New Book. Albert Ellis, the renowned creator of one of the most successful forms of psychotherapy -- Rational Emotive Behavior Therapy (REBT) -- offers this candid self-assessment, which reveals how he overcame his own mental and physical problems using the techniques of REBT. Part memoir and part self-help guide, this very personal story traces the private struggles that Ellis faced from early childhood to well into his adult life. Whether you are already familiar with Ellis's many best-selling psychology books or are discovering his work for the first time, you will gain many insights into how to deal with your problems by seeing how Ellis learned to cope with his own serious challenges. In his early life, Ellis was faced with a major physical disability, chronic nephritis, which plagued him from age five to nine and led to hospitalization. This experience then caused the emotional reaction of separation anxiety. At this time he also suffered from severe, migraine-like headaches, which persisted into his forties. Later in life, he realized that some of his emotional upset was the result of initially taking parental...



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