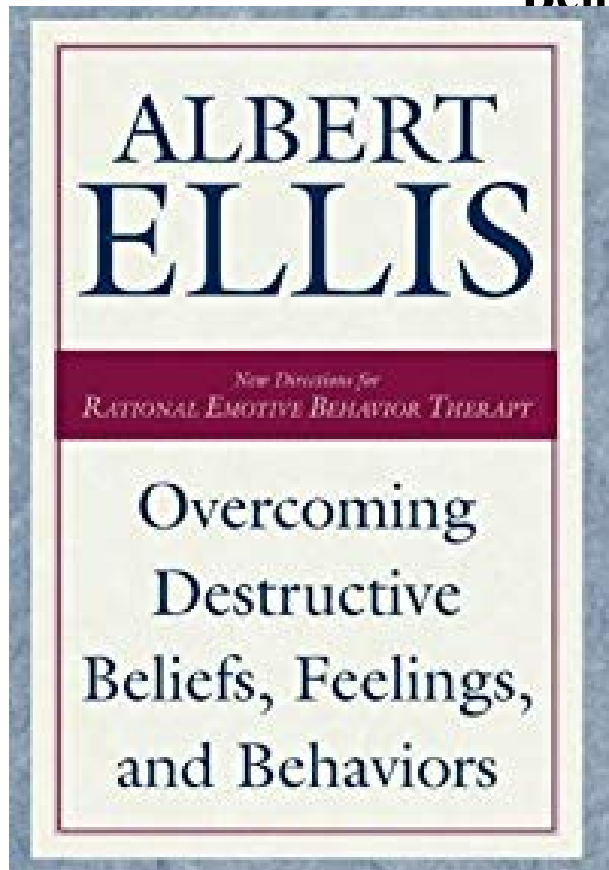


Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy



Author:	Albert Ellis
ISBN13:	9781573928793
ISBN10:	1573928798
Genre:	Psychology
Published:	November 1st 2001 by Prometheus Books
Pages:	419
Goodreads Rating:	4.18
Language	English

[Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy.pdf](#)

[Overcoming Destructive Beliefs, Feelings, and Behaviors: New Directions for Rational Emotive Behavior Therapy.epub](#)

First developed in 1955, Rational Emotive Behavior Therapy (REBT) is the original form of Cognitive Behavior Therapy and one of the most successful psychotherapeutic techniques in the world.

Its founder, world-renowned psychologist Albert Ellis, now offers an up-to-date description of the main principles and practices of this innovative and influential therapy. REBT emphasizes the importance of cognition in psychological disturbances. Its aim is to help patients recognize their irrational and destructive beliefs, feelings, and behaviors, and to restructure harmful philosophic and behavioral styles to achieve maximal levels of happiness and productivity. In this book Dr. Ellis points out the most recent revisions of the original therapy and examines the use of REBT in treating specific clinical problems. Among the topics considered are depression, stress management, addiction, marital problems, the use of hypnosis, disposable myths, and many other obstacles to mental health. This fascinating look at REBT by its internationally recognized creator will be of inestimable value to professionals and laypersons alike.