

A NEW GUIDE TO RATIONAL LIVING BY ALBERT ELLIS, ROBERT A. HARPER



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Features

- Paperback

Most helpful customer reviews

3 of 3 people found the following review helpful.

Great book.

By Brian Johnson

[[VIDEOID:b9095108ddc6718d7502e3a038ae5ad7]] “Thus, you may reduce your depression by using drugs or relaxation techniques. But unless you begin to think more clearly and surrender some of your Irrational Beliefs, you will tend to depress yourself again when you stop the drugs and exercises. To effect permanent and deep-seated improvements, philosophic changes seem to be best.

Again, we often encourage our clients to use medication, relaxation techniques, movement therapy, yoga exercises, or other physical approaches. We believe that these techniques may help. And we teach, as we shall show later, many emotive, dramatic, fantasy, self-management, and behavior modification methods. More than most other schools of therapy, REBT [Rational Emotive Behavioral Therapy] employs a comprehensive, integrative approach to treatment.

We still hold, however, that if you would most thoroughly and permanently change your disturbed feelings, you’d better use considerable reasoning. Because a large element (though not the whole) of destructive emotion stems from unrealistic, illogical, and self-sabotaging thinking.”

~ Albert Ellis & Robert A. Harper from A Guide to Rational Living

Well, that’s officially the longest intro quote I think we’ve had in these Notes and this is #114. But it captures the essence of A Guide to Rational Living quite well so we’ll stick with it. :)

Albert Ellis, the co-author of this straight-talking book all about getting our thoughts in order so we can live happier, more fulfilled lives, was one of the most influential psychologists of the 20th century. In fact, he’s been ranked as the #2 top psychologist ever—right behind Carl Rogers (see Notes on On Becoming a Person) and ahead of Sigmund Freud.

He's essentially the founder of the modern cognitive behavioral therapy movement that's been scientifically proven to be one of the most powerful ways to help people get out of a funk and this book is a no-nonsense, kinda old-school guide to rockin' it.

Let's explore some of my favorite Big Ideas:

1. The Roots of Neurosis - Distorted thinking.
2. The ABC's of Suffering - Action -> Belief -> Consequences.
3. A Frantic Search - For perfection is not a good idea.
4. Negative Emotions - Healthy vs. unhealthy.
5. Think AND Act - Pretty, please.

As you get your mind right and practice the ABC's of life, how can you show up more and more fully and give your greatest gifts in greatest service to your family, your community and your world?!

0 of 0 people found the following review helpful.

Half-baked, self-aggrandizing crap

By Amazon Customer

Book summary:

"I think irrational thoughts."

"Stop thinking those irrational thoughts and replace them with something else."

Done.

This books takes the approach that thoughts rule all.

That is not the case.

Sometimes our bodies manufacture chemicals that lead to certain types of thoughts.

It's a two-way street. And to only focus on one way is folly.

It might be an interesting introduction to CBT, but doesn't explain how real CBT works.

And CBT can only do so much.

The authors' authoritative tone bothers me throughout the book.

This is an entertaining book in some respects, but don't expect it to offer any real help.

Go see a professional.

8 of 8 people found the following review helpful.

The absolute best Self-Help book ever.

By Amazon Customer

Of all the Self-Help books (and systems of therapy) out there, Albert Ellis has developed the best one - Cognitive Behavior Therapy/ Rational Emotive Behavior Therapy. This book is even better than, The Road Less Traveled, 25th Anniversary Edition : A New Psychology of Love, Traditional Values and Spiritual Growth, in my opinion. Take this passage from page 99: "Adults often act in an immature, childish manner. One of the essences of their humanity is fallibility. Consequently, they find it exceptionally easy to do sloppy, wishfulfilling thinking. And thereby often get what they don't want. But the fact that you may easily behave childishly doesn't mean that you must. You can teach yourself to practice mature, reflective thinking. If you do, you will hardly be completely level headed or happy. But you can train yourself to rarely feel desperately miserable or depressed. If, again, you work at it."

This is a great book and I highly recommend it.

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