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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 The style of the book is somewhat rambling and "story telling," and some of the information is now a bit out of date, but the list of irrational ideas and the

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A New Guide to Rational Living  
(Paperback) Published January 1st  
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Albert Ellis (Foreword), Melvin Powers  
(Foreword by) , Robert A. Harper.  
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Ellis that you may have long ago considered and rejected as having no practical value. ”

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Well I'll try to be brief and to the point. I got this vintage shorter

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Ellis' 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.

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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

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Ellis by the American Board of Professional Psychology (ABPP). He also founded, and was the President of, the New York City-based Albert Ellis Institute.

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