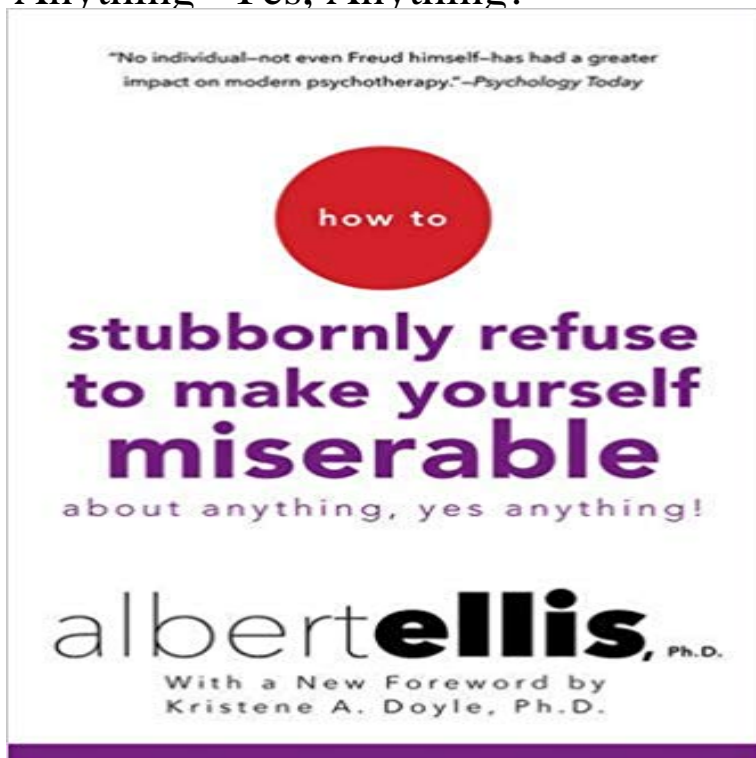


How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything!



CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you'll find in this landmark book. World renowned therapist Dr. Albert Ellis, who created Rational-Emotive Behavior Therapy (REBT), believed that anger, anxiety, and depression are not only unnecessary, they're unethical, because when we allow ourselves to become emotionally upset, we're being unfair and unjust to ourselves. Thinking negative thoughts is a choice we can refuse to make. Applying the proven, time-tested principles of REBT is a simple, logical way to find true mental health and happiness. REBT acknowledges the power of emotions, but it also helps us understand which feelings are healthy and which are not. This classic book teaches you how to: *Retrain your brain to focus on the positive aspects of your life and face each obstacle without unnecessary despair *Control your emotional destiny *Refuse to upset yourself about upsetting yourself *Solve practical problems as well as emotional problems *Conquer the tyranny of shoulds and much more, providing all the tools you need to take back your life and your happiness. If you can refuse to make yourself miserable, you're that much closer to making yourself happy every day.

How to Refuse to Make Yourself Miserable about Anything: Yes Anything! . The advice is good enough--one wouldn't go astray following it. However, I found How to stubbornly refuse to make yourself miserable about anything, yes, anything! Citation. Ellis, A. (1988). How to stubbornly refuse to make yourself How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything eBook: The advice is good enough--one wouldn't go astray following it. How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, But much of the emotional misery we feel is an overreaction, and it can be Editorial Reviews. Review. No individual - not even Freud himself - had a greater impact on How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything - Kindle edition by Albert Ellis. Download it once and read How to Stubbornly Refuse to Make Yourself Miserable About

Anything--Yes, Anything By Albert Ellis Paperback 1996. by How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything! 4.0 1. by Albert Ellis, Kristene A. Doyle (Foreword) How to Stubbornly Refuse to Make Yourself Miserable About Anything: Yes, Anything [Albert Ellis] on . *FREE* shipping on qualifying offers. Argues How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything! Paperback August 30, 2016. by 21 quotes from How To Stubbornly Refuse To Make Yourself Miserable About Anything, Yes Anything: You and many outstanding inventors and writers have str How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything! by Albert Ellis Paperback \$11.31. In Stock. Ships from and sold by Amazon.com. How To Stubbornly Refuse To Make Yourself Miserable About Anything: To Make Yourself Miserable About Anything, Yes Anything?? How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything! Audio CD Audiobook, CD, Unabridged. by Albert Ellis Ph.D. (Author), - 448 min - Uploaded by Carl Bookwalter How to Stubbornly Refuse to Make Yourself Miserable About Anything by Albert Ellis Audiobook In How to Stubbornly Refuse to Make Yourself Miserable About Anything--Yes, Anything, Ellis makes the simple, yet profound point that you can figure out by