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Rational Emotive Behavior Therapy Albert Ellis

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A Guide To Rational Living, 1972, Albert Ellis, Robert ...

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THE CASE AGAINST ALBERT ELLIS THE IRRATIONALITY

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RATIONAL EMOTIVE BEHAVIOR THERAPY (ELLIS)

Depression, Anxiety, Hurt, Loss Of Self-worth, And Hatred. Ellis Insists That Blame Is At The Core Of Most Emotional Disturbances. Therefore, To Recover From A Neurosis Or A Personality Disorder, We Had Better Stop Blaming Ourselves And Others. Instead, It Is Important That We Learn To Fully Accept Ourselves Despite Our Imperfections. Apr 4th, 2024

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