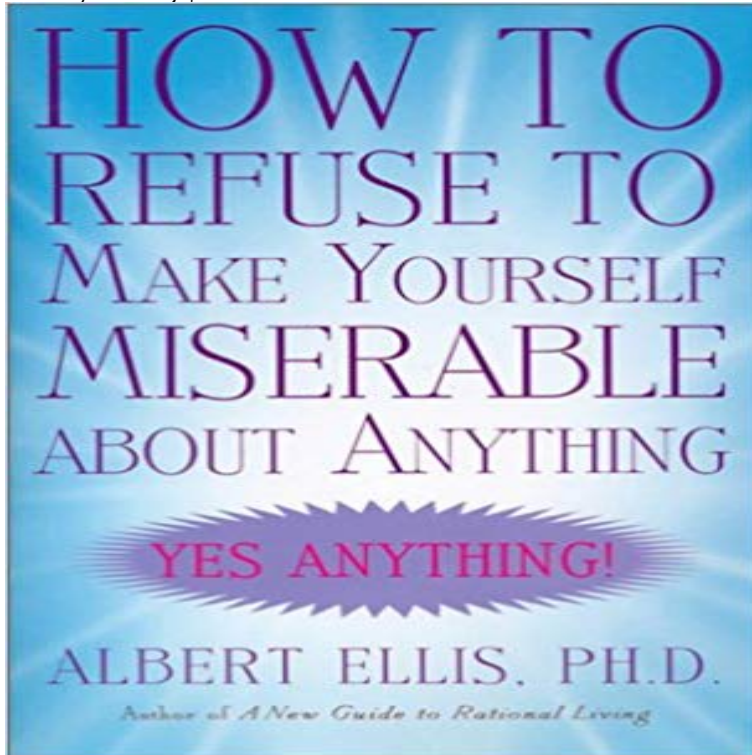


How to Refuse to Make Yourself Miserable about Anything: Yes Anything!



Anxiety, depression, hostility, self-hatred, self-pity ... these painful thoughts and feelings can cripple and inhibit our lives. But only if we let them. According to renowned psychologist Albert Ellis, we ourselves create our own feelings and choose to think and feel in self-harming ways. Most emotional misery and psychological disturbances are unnecessary overreactions and can be significantly reduced. This important book shows you how to stop feeling miserable about practically anything. It offers simple, logical methods that teach you how to avoid upsetting yourself needlessly while acting to make yourself a stronger person. Based upon the principles of Rational Emotive Therapy (RET) -- founded by Albert Ellis and now one of the most widely acclaimed forms of contemporary psychotherapy -- these practical, proven methods of changing your self-defeating emotions and behaviors reflect the authors vast experience as a therapist and have been backed by literally hundreds of research studies. Contending that emotional health is largely the result of sane or rational thinking, Dr. Ellis teaches you how to think scientifically and realistically about yourself, other people, and your life conditions and instead of focusing on the past, he provides tools to changing how you feel right now. Given the stress and strain of modern-day-to-day living, you dont need unnecessary problems you bring upon yourself. You hold in your hands the soundest approach yet devised to acquiring true mental health and happiness. Its up to you ...

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