



How To Make Yourself Happy

By Albert Ellis PhD

Download now

Read Online ➔

How To Make Yourself Happy By Albert Ellis PhD

Would you like to: Change your disturbing thoughts into healthy ones? Make yourself less disturbable in the face of adversity? Overcome anxiety, depression, rage, self-hate, or self-pity? *How to Make Yourself Happy and Remarkably Less Disturbable* will show you how! This user-friendly guide offers simple, straightforward procedures and practical wisdom on a happier, more trouble-free life, from one of the most highly respected psychologists of our time. Dr. Ellis includes dozens of real-life case examples, detailed descriptions of self-help action steps, and a witty, articulate style that you'll find entertaining and enlightening. Go ahead—make yourself happy!

⬇ [Download How To Make Yourself Happy ...pdf](#)

📖 [Read Online How To Make Yourself Happy ...pdf](#)

How To Make Yourself Happy

By Albert Ellis PhD

How To Make Yourself Happy By Albert Ellis PhD

Would you like to: Change your disturbing thoughts into healthy ones? Make yourself less disturbable in the face of adversity? Overcome anxiety, depression, rage, self-hate, or self-pity? *How to Make Yourself Happy and Remarkably Less Disturbable* will show you how! This user-friendly guide offers simple, straightforward procedures and practical wisdom on a happier, more trouble-free life, from one of the most highly respected psychologists of our time. Dr. Ellis includes dozens of real-life case examples, detailed descriptions of self-help action steps, and a witty, articulate style that you'll find entertaining and enlightening. Go ahead—make yourself happy!

How To Make Yourself Happy By Albert Ellis PhD Bibliography

- Sales Rank: #65249 in Books
- Brand: Brand: Impact Publishers, Inc.
- Published on: 1999-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.01" h x .51" w x 6.05" l, .68 pounds
- Binding: Paperback
- 224 pages

 [Download How To Make Yourself Happy ...pdf](#)

 [Read Online How To Make Yourself Happy ...pdf](#)

Editorial Review

Review

“...user-friendly guide offers simple ways and practical wisdom from real-life cases.”

—*Book Browsing*, June 2000

“Dr. Albert Ellis uses clear and concise language to distinguish what readers may think vs. what is the heart of their difficulties and how to overcome them.”

—*Today's Librarian*, June 2000

“Dr. Albert Ellis is a recognized expert in the field of rational emotive behavior therapy, which concentrates on changing behaviors by replacing irrational beliefs with rational ones. HOW TO MAKE YOURSELF HAPPY...offers readers practical guidance for achieving happy and satisfying lives. Dr. Ellis is convinced that people have the ability to change their lives through the choices they make. He says you can 'learn to change your thoughts, feelings, and actions and thereby reduce your emotional distress.' Ellis teaches readers how to recognize...unreasonable feelings and convert them to healthy emotions. Readers wishing to ease their emotional distress will find How to Make Yourself Happy a useful resource.”

—*The Midwest Book Review*, October 1999

“...insightful and understandable for the average layperson. It is organized in an easy-to-follow manner which gives various approaches to difficult situations such as accepting yourself and others as imperfect creatures, separating the actions of others from their personalities, examining what's the worst that can happen, and exploring ways to make yourself less disturbable in both actions and feeling...will offer insight for anyone plagued with self-destructive thoughts and actions, those interested in human nature, or merely those individuals who want happier lives.”

—*Colorado Libraries*, Summer 2000

“Do you go to extremes? The cure is moderation. Sometimes extremes can be good. It can be healthy to be gung-ho about a relationship, an activity, or a cause. But many extreme views and actions pack a debilitating wallop. Severe sadness, anxiety, depression, self-pity, and rage can seriously affect your coping abilities. In his book How to Make Yourself Happy and Remarkably Less Disturbable Ellis presents a pragmatic, realistic approach to choosing to reduce your present disturbed thoughts, feelings, and actions, and learning to ward off future emotional difficulties. Written in a lively, frank style that includes real-life case examples...emphasizes moderation in coping more effectively with obstacles to happiness.”

—*Joint Forces Journal*

About the Author

Dr. Albert Ellis (1913-2007) was the author of more than 65 books on psychotherapy, relationship therapy, and self-help, including *Feeling Better*, *Getting Better*, *Staying Better*; *Rational Emotive Behavior Therapy: A Therapist's Guide*; *Making Intimate Connections* and *How to Make Yourself Happy and Remarkably Less*

Disturbable. He published over 700 articles and composed more than 200 rational songs.

Dr. Ellis was rated by psychologists and counselors in the United States as one of the most influential psychologists of our time. He "revolutionized" psychotherapy since 1955, when he created Rational Emotive Behavior Therapy (REBT), the first of the now-popular cognitive behavior therapies. Dr. Ellis was a practicing psychologist, president of the Albert Ellis Institute in New York City, and a featured speaker at workshops and conferences throughout the world. He received many awards, including distinguished psychologist, scientific researcher, and distinguished psychological practitioner from several associations, including the American Humanist Association, American Academy of Psychotherapists, Society for the Study for Scientific Sex, American Association of Sex Educators, Counselors, and Therapists, and Academy of Psychologists in Marital and Family Therapy. He also earned one of the highest awards of the American Psychological Association: Distinguished Professional Contribution to Knowledge.

Users Review

From reader reviews:

Javier Link:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite reserve and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled How To Make Yourself Happy. Try to stumble through book How To Make Yourself Happy as your pal. It means that it can to get your friend when you feel alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated for yourself. The book makes you considerably more confidence because you can know everything by the book. So , let us make new experience as well as knowledge with this book.

Micheal Ruiz:

This book untitled How To Make Yourself Happy to be one of several books which best seller in this year, this is because when you read this guide you can get a lot of benefit on it. You will easily to buy that book in the book store or you can order it by means of online. The publisher in this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Mobile phone. So there is no reason for your requirements to past this publication from your list.

John Smith:

Reading a publication can be one of a lot of activity that everyone in the world likes. Do you like reading book therefore. There are a lot of reasons why people love it. First reading a reserve will give you a lot of new details. When you read a e-book you will get new information due to the fact book is one of a number of ways to share the information or even their idea. Second, examining a book will make you more imaginative. When you looking at a book especially fictional works book the author will bring one to imagine the story how the characters do it anything. Third, you can share your knowledge to some others. When you read this How To Make Yourself Happy, you may tells your family, friends as well as soon about yours guide. Your knowledge can inspire different ones, make them reading a publication.

Rex Vogler:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love How To Make Yourself Happy, you can enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its referred to as reading friends.

**Download and Read Online How To Make Yourself Happy By
Albert Ellis PhD #2OK7AM3CHQ0**

Read How To Make Yourself Happy By Albert Ellis PhD for online ebook

How To Make Yourself Happy By Albert Ellis PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How To Make Yourself Happy By Albert Ellis PhD books to read online.

Online How To Make Yourself Happy By Albert Ellis PhD ebook PDF download

How To Make Yourself Happy By Albert Ellis PhD Doc

How To Make Yourself Happy By Albert Ellis PhD Mobipocket

How To Make Yourself Happy By Albert Ellis PhD EPub

2OK7AM3CHQ0: How To Make Yourself Happy By Albert Ellis PhD