



How To Make Yourself Happy

By Albert Ellis PhD

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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!

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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 bout 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

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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.

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