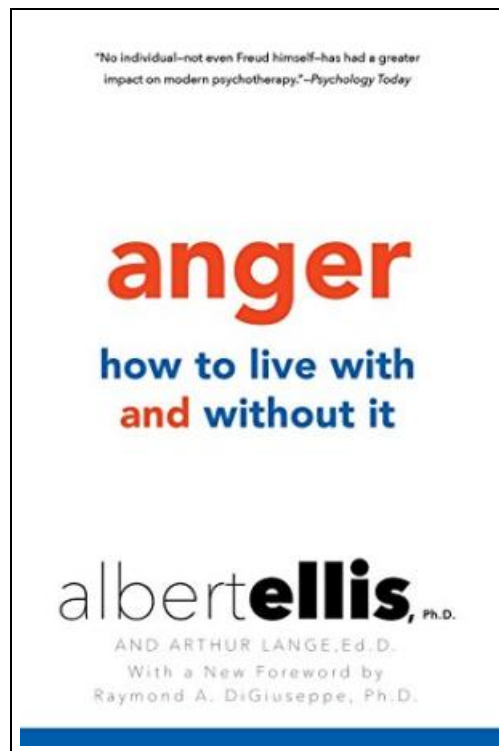


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Citadel Press Inc., U.S., United States, 2017. Paperback. Condition: New. Revised, Updated. Language: English . Brand New Book. With a New Foreword by Raymond A. DiGiuseppe, Ph.D. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY Anger. It s one of our most basic, and often most destructive, human emotions. And in today s world, it s a constant, escalating force, from road rage to domestic abuse, from teen violence to acts of terrorism. More than ever we need effective ways to live with it, understand it--and learn to deal with it. This landmark book from world-renowned psychotherapist Dr. Albert Ellis, creator of Rational Emotive Behavior Therapy (REBT), shows you how. Presented in a simple step-by-step program that anyone can master, the proven, time-tested principles of REBT teach you to manage and even eliminate anger, without sacrificing necessary assertiveness. Here you ll discover: *What exactly is anger, and must you feel it? *How you create your own anger*Methods of thinking, feeling, and acting your way out of anger *Why holding on to anger is sometimes fun--and how to let it go *How to use REBT to cope with tragic events that are far beyond our control .and much more, including numerous real-world case studies, plus a comprehensive, critical analysis of the various approaches to this age-old problem. Whether at home or at work, in a personal or political context, this breakthrough approach will enable you to take control of the anger that can stand in the way of success and happiness.

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