

A Guide To Rational Living

By Albert Ellis

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Aug 20, 2010 NOTE: This is an excerpt from the full 90-minute DVD. Working to change your personal philosophy is a valid

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Albert Ellis . Born in 1913 in Pittsburgh, Pennsylvania, Ellis was raised in New York City. He gained a business degree at the City University of New York, and

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"A GUIDE TO RATIONAL LIVING; brainchild of Terra Firma Records founder Scott Russell, carves notch by notch into a legacy that's been advancing in the recesses of the

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Albert Ellis. Albert Ellis was an American psychologist who in 1955 developed Rational Emotive Behavior Therapy. He held M.A. and Ph.D. degrees in clinical psychology

A Guide to Rational Living (Ellis & Harper) 8oz -

by Albert Ellis, Ph.D. and Robert A. Harper, Ph.D. foreword by Melvin Powers. If you have the rigorous honesty necessary to conduct self-analysis, this book can be

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