How to Control Your Anxiety Before it Controls You
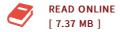
By Albert Ellis, Arthur Lange

Citadel Press Inc.,U.S., United States, 2016. Paperback. Book Condition: New. Reprint. 229 x 152 mm. Language: English . Brand New Book. No individual not even Freud himself has had a greater impact on modern psychotherapy. --Psychology Today CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY From social anxiety to phobias to post-traumatic stress disorder, sources of anxiety in daily life are numerous, and can have a powerful impact on your future. By following the rules of Rational Emotive Behavior Therapy (REBT), created by world renowned therapist Dr. Albert Ellis, you can stop anxiety in its tracks if you will admit this important fact: Things and people do not make you anxious. You do. Your unrealistic expectations produce your needless anxiety. Yet not all anxiety is needless Healthy anxiety can ward off dangers and make you aware of negative things that you can change. Unhealthy anxiety inhibits you from enjoying everyday activities and relationships, causes you to perform poorly, and blocks your creativity. Using the easy-to-master, proven precepts of REBT, this classic book not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to: Understand and dispute the irrational beliefs that make you anxious Use a variety...

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