



I'm not robot



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Guide to rational living summary

A Guide To Rational Living (1961) Albert Ellis & Robert HarperA Guide To Rational Living is one of the most durable books in popular self-help/psychology literature, selling more than a million copies. Since its publication more than 40 years ago thousands of inspiring titles have come and gone, but it keeps changing people's lives. Why? The book drew the public's attention to a new form of psychology, Rational Emotional Therapy (RET), which went against decades of Orthodox Freudian psychoanalysis and sparked a revolution in psychology. RET says emotions do not arise as a result of repressed desires and needs, as Freud insisted, but directly from our thoughts, ideas, attitudes and beliefs. It is not the mysterious unconscious that matters most to our psychological health, but the most humdrum statements we say to ourselves on a daily basis. Together, these represent our philosophy of life, which can be easily altered if we are willing to change what we usually say to ourselves. Albert Ellis began his career working in Freudian psychoanalytic tradition, but concluded that delving into a person's history and problems did not have much positive benefit. His focus only on what worked led him to the counterintuitive view that thoughts generate emotions, not the other way around. Reasoning your way out of emotional entanglements seems dubious, but Ellis's pioneering ideas, and four decades of cognitive psychology, have shown that it actually works. Observing your inner sentences Humans, the authors point out, are animals that create language. We tend to formulate our emotions and ideas in terms of words and sentences. They effectively become our thoughts and emotions. Therefore, if we are basically the things we say to ourselves, any kind of personal change forces us to look at our internal conversations first. Do they serve us or undermine us? Conversation therapy aims to reveal mistakes in logic that people think are true. If, for example, you are having terrible feelings of anxiety or fear, you are asked to track back to the original thought in the sequence of thoughts that led to your current anxiety. Invariably you'll find that you're saying things to yourself like 'Wouldn't it be terrible if...' or 'Isn't it horrible that I am...' It is at this point that you have to step in and wonder why exactly it would be so terrible if such and such happened, or if your current situation is really as bad as you say. And come if it is, will it last forever? This kind of self-questioning at first seems naive, but in doing so you start to see how much your internal to your life. After all, if you label an event as a catastrophe, it will surely become like this. You can only live to the best of your internal statements, whether they do something good, bad or Always a choiceEllis and Harper challenge the reader to accept that it is not the people or things themselves that cause us discomfort and anguish, but what we tell ourselves about those people or things. They quote the Roman philosopher Epictetus, who said: Men are not disturbed by things, but by the views they take of them. Also quoted is Shakespeare's famous Hamlet phrase: There is nothing good or bad, but thought does so. People think they're unhappy because of a marriage, or a job, or a disease, but it's always our perception of these things that matters most. The book notes that it is virtually impossible to sustain an emotional outburst without reinforcing it with repeated ideas. Something will remain 'bad' in your mind only as long as you tell you it is. If you don't keep creating the bad feeling, how could I bear it? Granted, if you are experiencing physical pain, you cannot simply ignore the pain, but once it is finished there is no automatic link between stimulus and feeling. Even with the death of a loved one, you can't continue to experience depression from death unless you keep reminding yourself of 'How terrible it is that this person is gone!' If you can't accept this, consider the pleasant feelings you have. Having enjoyed a symphony or seen a play, you can't continue to feel the positive emotions that avoke without returning to your mind certain passages or scenes. Emotions must be generated to be felt. Sustained emotion of any kind requires thinking, and is usually thinking about a type of assessment, that is, your judgment about a situation or person. People make the mistake of thinking that emotion just happens in response to something, but in fact this is weird. Some types of anger are a direct response to a situation that relates to our built-in survival mechanisms. These are biologically ingrained reactions. In general, however, it is the thoughts you generate that determine the quality of your emotional life. Never again to be 'desperately unhappy'Despite our great technological advances, humans are a little more emotionally advanced than in previous times. How come we've conquered space and atom, but most of us can't get out of bad moods? As we have made material progress, it seems that the level of neurosis and psychosis in society has only increased; the main challenge for people today is gaining control over their emotional lives. In a chapter titled 'The Art of Never Being Desperately Unhappy', the authors argue that misery and depression are always moods as they self-perpetuate. When you're shot down of the loss of a relationship or a job, for example, this feeling is quite understandable. However, if you allow the feeling to stay, your builds strength. Snowball stuff to make us 'miserable with our own own rather than trying to see the situation rationally. Even in the 1960s, Ellis was saying that drugs were only fine in treating depression - once a person stopped taking them, they tended to become depressed again. Permanent change required a person to change the way they think so that they could talk about the persistent negative sensation every time they surfaced. He observed shrewdly that some people secretly enjoy being depressed, because they don't have to take any action to change. In some cases, we have to decide that we will not be depressed, and our feelings are altered accordingly. First presented with the concepts of rational emotional therapy, many people complained to Ellis and Harper that a more rational mental framework would surely make them an insensitive robot. Is it probably just human to feel? Yes, they responded, but life doesn't have to be a roller coaster of excitement to be really lived. We do not need to deny ourselves the emotional intensity, but we must be able to feel without losing control of our lives; to be sad for an appropriate amount of time when something bad happens, but no more than necessary. We won't be any less human for this. Final Word Are human beings rational or irrational beings? We're both, he says this book. We're smart, but we're still in for puerile, idiotic, prejudiced, selfish behavior anyway. The key to a good life is to apply rationality to the most irrational sphere of life, emotions. In the emphasis on discipetding our own thinking, and finding an intermediate path between extreme emotion, there are some definite echoes of Buddhism in the rational emotional approach. Recognize that everything that has happened in your past is the present that matters and what you can do now to alleviate it. Ellis discovered this himself as a child. With a mother affected by bipolar, and a father often out on business trips, he assumed responsibility for his younger siblings, making sure they dressed and went to school every day. When he himself was hospitalized with kidney problems, his parents rarely visited him. Ellis learned that you don't have to bother about situations unless you let yourself be, that there's always room to control reactions. While your brand of therapy may seem harsh, it actually represents a very optimistic view of people. This is not an inspiring book, but the effect of reading a guide to rational life can be just that. It helps anyone understand how their emotions are generated, and crucially how a reasonably happy and productive life can be theirs through more care and discipline in their thinking. His themes include reducing of approval, overcoming anxiety, how to be happy but frustrated and eradicate fear of failure. In keeping with its content, the book has a wonderfully clear and direct style. Get the update and review edition, containing a new chapter on research that supports the principles and techniques of, RET. BY LEN LANTZ / 2.1.2020; No. 8Disclaimer: Yes, I am a doctor, but I am not your doctor and this article does not create a doctor-patient relationship. This article is for educational purposes and should not be seen as medical advice. You should consult with your doctor before relying on this information. This publication also contains affiliate links. Click this link to view the full disclaimer. Star rating – 8 out of 10Guia of 10Atantes: 1st horrible, 5th average and 10th wowAuthorsAlbert Ellis and Robert HarperAcerca by the authorsDr. Albert Ellis (1913 – 2007) was a psychologist, founder of Rational Emotive Behavior Therapy (REBT) and creator of Modern Cognitive Behavioral Therapy (CBT). Dr. Robert Harper (1916 – 2004) was an author, prominent leader in the field of psychology and clinical psychologist in marriage and family counseling in the Washington DC area. OverviewA Guide to Rational Life is a best-selling book that introduced REBT concepts to the general public. The book describes strategies for the balance of thought, also known as cognitive reformulation, which helps people who discover that their thoughts and emotions are holding them back in their lives. The authors explain how to be emotionally stronger through REBT, which can teach anyone smart how to stop feeling miserable about virtually anything. Unique and important aspectsDr. Albert Ellis was the first researcher to actually examine the cause and effect with thoughts and emotions in his therapeutic approach called Rational Emotional Behavior Therapy (REBT). Their approach promises to help people become more objective, reduce counterproductive behaviors, improve self-ception, follow higher priorities, and break up habits that put them at risk. Many people would probably find that rewriting your personal history chapter would be very helpful. Important Ideas in this book: Describes approaches to thinking balanceEnfuriating the reader to possess their emotional reactions rather than blaming other Neurotic Explorations and how to identify it in yourself and othersSampling the ABC model or emotional disturbance mechanism such as stimulus-belief-response or Action-Belief-Consequence (ABC)Actions: Life EventsRecreence: Our needs, must and shouldConsequency: Unpleasant emotional reactionsIncludes the REBT Self-Help Form to identify irrational beliefs, dispute irrational beliefs, and replace those beliefs with rational ones. Better quotesREBT helps you discriminate between rational and irrational thinking. Keeps thinking rational usually leads to a thought irrational leads to unhealthy emotion. What do we call rational thinking? That type that helps you (1) survive and (2) achieve the goals or values you select to their pleasant, pleasant or worthwhile survival. Emotional disturbance, in short, usually comes from your irrational beliefs. You can discover the unrealistic basic ideas you're bothering with; see clearly how misleading these ideas are; and, on the basis of better information and clearer thinking, change the beliefs behind their disturbance. Who would enjoy this book? Anyone who wants to master their emotional reactions by balancing or replacing unbalanced thoughts is likely to enjoy a guide to rational life. People who want to learn more about the evolution of Cognitive Behavioral Therapy (TCC) today might find this book enlightening. Who wouldn't enjoy this book? People who struggle to be honest with themselves and/or believe that emotions are uncontrollable would probably not enjoy a Guide to Rational Life. ConclusionA Guide to Rational Life is an excellent book for people who want to return to the source of one of the most effective forms of psychotherapy and learn strategies for balanced thinking and healthy living. Find this book in your local bookstore, independently ownedThe Rational Life Guide by Albert Ellis and Robert HarperFind Similar BooksThe Irvin YalomArticles Therapy Gift mentioning this book Finding Quality Psychotherapy – Moving Beyond Talk Cognitive Behavioral Therapy (CBT) – the Most Effective Therapy? Therapy?

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