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rebt defines rational beliefs as those which help people live satisfying healthy and fulfilled lives over the years albert ellis has identified a set of rational b beliefs or values which abet a person s happiness and survival a new guide to rational living life skills new updated third edition of a guide to rational living an international classic in the field of psychology by the creators of the most a guide to rational living provides much sought after answers for individuals with problems and it can help everyone to feel better about themselves and to deal with their lives more effectively 21 99 a guide to rational living albert ellis robert a harper a new guide to rational living by ellis albert 1913 2007 harper robert allan publication date 1975 topics rational emotive behavior therapy psychotherapy publisher n hollywood calif wilshire book co hardcover 12 87 9 used from 12 87 paperback 11 35 28 78 17 used from 11 35 7 new from 24 60 two psychotherapists relate the nature and success of their rational emotive approach to solving mental and emotional problems and present actual case histories isbn 10 013614909x isbn 13 978 0136149095 edition later printing

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