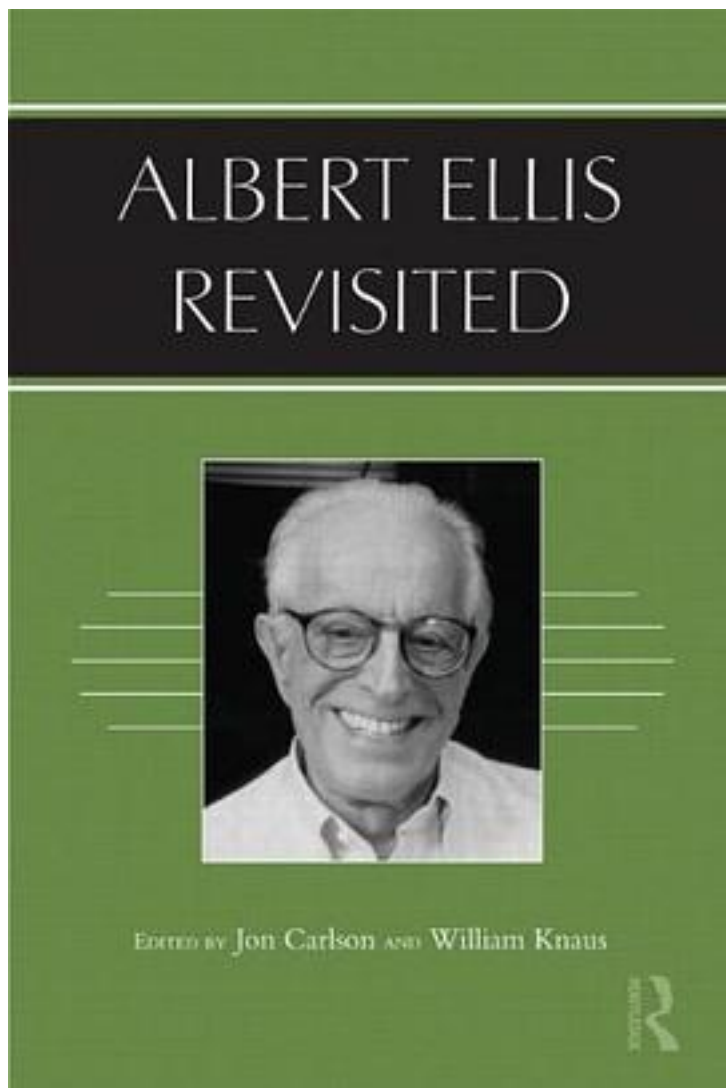


Albert Ellis Revisited



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出版者:

出版时间:2013-9

装帧:

isbn:9780415875455

Albert Ellis was one of the most influential psychotherapists of all time, revolutionizing the field through his writings, teachings, research, and supervision for more than half a century. He was a pioneer whose ideas, known as Rational Emotive Behavior Therapy (REBT), formed the basis of what has now become known as Cognitive Behavior Therapy (CBT), the most widely accepted psychotherapeutic approach in the world. This book contains some of Ellis' most influential writings on a variety of subjects, including human sexuality, personality disorders, and religion, with introductions by some of today's contemporary experts in the psychotherapy field. The 20 articles included capture Ellis' wit, humor, and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully.

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