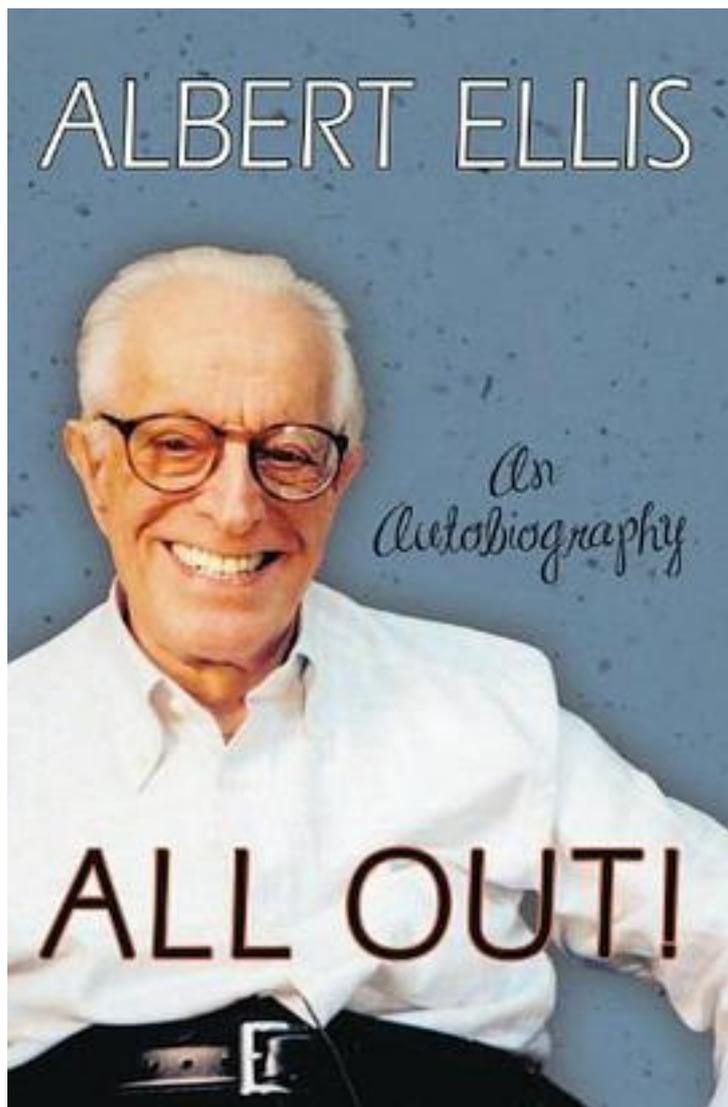


All Out!



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著者:Albert Ellis

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This candid autobiography, the last work by renowned psychologist Albert Ellis, is a tour de force of stimulating ideas, colorful descriptions of memorable people and events, and straightforward, no-nonsense talk. Ellis, the creator of one of the most successful forms of psychotherapy—Rational Emotive Behavior Therapy (REBT)—recounts the memorable episodes of his life; discusses how he coped with emotional problems at different stages of life; describes his love life; and subjects his own self-description to a ruthlessly honest critique.

The heart of Ellis’ s book is his analysis of the psychological leitmotifs that have appeared again and again throughout his life. He describes the aim of this autobiography as follows:

“As far as I can, I shall present my bad and good, stupid and intelligent, weak and strong points. Why? Because, following H. G. Wells’ s recommendation, I want to go as all-out as I can. I want to acknowledge my idiocies—and use REBT to feel sorry about but unashamed of them. I want to make the point—again a central tenet of REBT—that all humans are fabulously fallible—including, of course, me. We have no real choice about this, but we can unconditionally accept ourselves—our so-called essence or being—with our fallibility. That will momentarily help us, probably encourage us to acquire unconditional self-acceptance (USA) and possibly inspire other people to give it to themselves, too.”

With a concluding chapter by Ellis’ s wife, Debbie Joffe-Ellis, describing the final years of his life, All Out! is the definitive summation of the life and work of one of psychology’ s most successful thinkers and practitioners.

作者介绍:

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