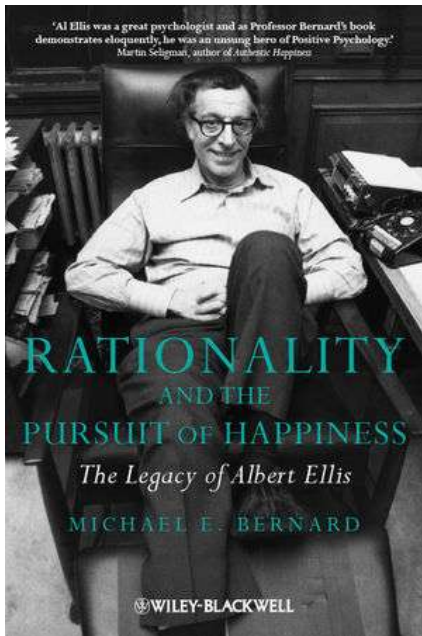


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Rationality and the Pursuit of Happiness The Legacy of Albert Ellis

Professor Michael E. Bernard

Table of Contents

About the author.

Preface.

**1 Albert Ellis and the Pursuit of
Happiness.**

2 Why We Get Unhappy.

**3 Refusing to Become Desperately
Unhappy.**

**4 The Philosophy of Happiness:
Principles of Rational Living.**

5 Love.

6 Relationships.

7 Sex.

8 Women.

9 Homosexuality.

10 Work.

11 Children and Parents.

12 Death and Dying.

**13 Rational Living in an Irrational
World.**

**14 Albert Ellis Interviewed by Michael
E. Bernard.**

**A Rational Approach to Happiness
(Article by Michael E. Bernard).**

**References and Acknowledgment of
Copyright.**

Index.

Albert Ellis was writing about personal happiness long before the formal discipline of positive psychology was founded. ***Rationality and the Pursuit of happiness: The Legacy of Albert Ellis*** describes his work in helping people to eliminate misery and obtain happiness. Many professionals have a well-developed understanding of his therapeutic approach, but few appreciate his distinctive way of helping people actively pursue happiness or know how Ellis himself conducted therapy sessions. Based on transcripts of over 100 public demonstration and therapy tapes that Ellis personally provided to the author, this book shows Ellis at his best—dispensing no-nonsense advice in his inimitably charismatic style. This book reveals how the principles of rational living identified by Albert Ellis, one of the world's most influential and popular psychologists, can be used by anyone to achieve lifelong happiness.

- Reveals the 11 principles of rational living that when put into practice can consistently increase levels of personal happiness
- Includes selected excerpts from Ellis' writings, revealing the difference between the psychological architectures of emotional unhappiness and human happiness
- Presents verbatim transcripts of private counseling sessions, as well as public lectures and demonstrations with people addressing a wide range of personal issues
- Offers insights into how 'rationality' can be used by anyone to reduce the intensity of negative emotions, to increase the frequency of positive emotions and to promote life satisfaction

Author Biography

Professor Michael E. Bernard is an international consultant to universities, educational authorities, organisations, and government. He is the Founder of You Can Do It! Education, a program for promoting student social-emotional well-being and achievement that is being used in over 6,000 schools in Australia, New Zealand, England, Romania, Vietnam and North America. For eight years, he was the editor-in-chief of the *Journal of Rational-Emotive and Cognitive-Behaviour Therapy*. He is the author of over 50 books, 15 book chapters, and 40 journal articles in the area of children's early childhood development, learning and social-emotional well-being, as well as parent education, teacher professional development, and his newest program is "The High Performance Mindset at Work."

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