

Ive written the book that I needed as a younger man, but didnt have. After decades of chronic and treatment resistant severe depression I now spend most of my days happy. That is something I had all but given up on. I tried psychotherapy, anti-depressants, positive psychology and self help strategies off and on for years with no lasting results. When my last therapist gave me a copy of Albert Elliss (The grandfather of Cognitive Behavioral Therapy) A Guide to Rational Living I poured myself into it. The result was a deep and fundamental change in my philosophy of life. A change that saved my life quite literally. Now I want to share my experience and what Ive learned with others that are suffering like I once was. Ive tried to make the concepts of Elliss Rational Emotive Behavioral Therapy, that helped me so much, accessible as possible for those who are suffering and need help. If you or someone you love is suffering from depression, especially chronic treatment resistant depression, give this book a try. With all my heart I hope you get the results I did and find yourself spending most of your days happy too!

Creating Portland: History and Place in Northern New England (Revisiting New England), Elks Resolve, Bubba and Trixie, The Large Print American Heritage Dictionary, Revised Edition, Semiconductory Terminology: Graphic Glossary of Terms, Explore the World of Classical Music, Hamster Davies,

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