



Rationality and the Pursuit of Happiness: The Legacy of Albert Ellis

Michael E. Bernard

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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

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