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# How To Control Your Anxiety: Before It Controls You

"No individual—not even Freud himself—has had a greater impact on modern psychotherapy." —Psychology Today

how to  
**control your  
anxiety**  
before it controls you

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With a New Foreword by  
Kristene A. Doyle, Ph.D.



## Synopsis

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**CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY**

From social anxiety to phobias to post-traumatic stress disorder, sources of anxiety in daily life are numerous, and can have a powerful impact on your future. By following the rules of Rational Emotive Behavior Therapy (REBT), created by world renowned therapist Dr. Albert Ellis, you can stop anxiety in its tracks if you will admit this important fact: Things and people do not make you anxious. You do. Your unrealistic expectations produce your needless anxiety. Yet not all anxiety is needless.... Healthy anxiety can ward off dangers and make you aware of negative things that you can change. Unhealthy anxiety inhibits you from enjoying everyday activities and relationships, causes you to perform poorly, and blocks your creativity. Using the easy-to-master, proven precepts of REBT, this classic book not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to: Understand and dispute the irrational beliefs that make you anxious Use a variety of exercises, including rational coping self-statements, reframing, problem-solving methods, and Unconditional Self-Acceptance (USA), to control your anxiety Apply over 200 maxims to control your anxious thinking as well as your bodily reactions to anxiety ...and much more, including examples from dozens of cases Dr. Ellis treated successfully. Now you can overcome the crippling effects of anxiety - and increase your prospects for success, pleasure, and happiness at home and in the workplace.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 49 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: June 28, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01G2IYLZS

Best Sellers Rank: #60 in Books > Self-Help > Anxieties & Phobias #93 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #725 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

When I started college I was a complete and utter anxious ship-wreck. I couldn't sleep, think straight, and felt like I was going to lose my mind. Basic daily tasks suddenly became terrifying or anxiety provoking. It was a scary and exhausting time for me. On the edge, I went to see my school counselor. She recommended I read Ellis's books and his Rational Emotive Behavior Therapy style. I have to admit, I expected very little. Honestly, I felt like she had passed the buck and gave me a book instead of helping me. However, I was desperate and would have tried anything short of an exorcism to feel better. I read his first book, "A new guide to rational living." (I would recommend reading that book before this one, it gives more background. This book is still good, too.) I was astonished. Within a few weeks, I legitimately felt noticeably better. Nearly two years later, I can honestly say his books changed my life and multiple friends and family members who have borrowed my books. It takes time and won't happen all at once. As Ellis would say, you spent a life time learning how to be anxious, and can't undo that in a day. It took me about a year to get much better, two years to completely change my life, and three to be an entirely new person. I am deeply saddened that Ellis died recently. I would have loved to thank him for completely overhauling my life and making me a much happier, outgoing, and less anxious person. Now, I plan to study abroad in a foreign country. This is something the old me could have never handled. PS. Dr Ellis is in fact a well respected psychologist. Even the great Beck recognizes his work. Ellis' work is based on his empirical studies with real patients he counseled throughout his long career. His stuff is not Dr.

At the time I bought this book, I was unaware of Rational Emotive Behavior Therapy, had never heard of Dr. Albert Ellis, and wasn't really looking to solve any particular anxiety problem of my own. Always a fan of Dale Carnegie's "How to ..." instructional writings, I figured this would be a new perspective on a popular and important subject. What I learned was that Dr. Ellis has extensive experience (since 1943) in psychotherapy and actually devised REBT in 1955. Like Carnegie, he is quite good at putting his research and wisdom into books (more than sixty), and turning this knowledge into useful information for those who might be trying to solve a problem related to emotion and personality. To me, the most important part of REBT is "Rational," the exercise of thinking through what is causing anxiety, why your beliefs about it are unfounded (i.e., irrational) and unnecessary, and what you can do to convince yourself that anxiety can be lessened, if not eliminated, through a formulaic rational process. Throughout most of this book, Dr. Ellis clearly describes nearly twenty very specific methods for controlling anxiety. This was all new to me, but I found the methods to make total sense, and imagined that almost all of us could find any number of

these helpful in addressing specific anxiety scenarios. The way in which Dr. Ellis sets forth the varying aspects of REBT is impressive. He's easy to read, and almost grandfatherly in his tone. Each method is portrayed first by explanation, then by documenting a real example using one of his psychotherapy patients.

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