

How to  
**STUBBORNLY  
REFUSE TO  
MAKE  
YOURSELF  
MISERABLE**  
About Anything

*(Yes, Anything!)*

**ALBERT ELLIS, Ph.D.,**

Originator of Rational Emotive Behavior Therapy

REVISED AND UPDATED

# How To Stubbornly Refuse To Make Yourself Miserable About Anything Yes Anything

**Albert Ellis**



## **How To Stubbornly Refuse To Make Yourself Miserable About Anything Yes Anything:**

**How To Stubbornly Refuse To Make Yourself Miserable About Anything--yes, Anything!**, Albert Ellis, 2012-07-11

No other individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today All of us worry about something big or small every day But much of the emotional misery we feel is an overreaction and can be significantly reduced using the techniques in this book World renowned therapist Dr Albert Ellis who created Rational Emotive Behavior Therapy REBT believed that anger anxiety and depression are not only unnecessary they re unethical because when we allow ourselves to become emotionally upset we re being unfair and unjust to ourselves Thinking negative thoughts is a choice we can refuse to make Applying the proven time tested principles of REBT is a simple logical way to find true mental health and happiness REBT acknowledges the power of emotions but it also helps us understand which feelings are healthy and which are not This classic book teaches you how to Retrain your brain to focus on the positive and face obstacles without unnecessary despair Control your emotional destiny Refuse to upset yourself about upsetting yourself Solve practical problems as well as emotional problems Conquer the tyranny of should and much more Get the tools you need to take back your life and your happiness If you can refuse to make yourself miserable you re that much closer to making yourself happy every day Shows how to avoid the traps of self harm and find mental health Publishers Weekly

**How to Stubbornly Refuse to Make Yourself Miserable about Anything--yes, Anything!** Albert Ellis, 1993 **How to Refuse to Make Yourself Miserable about Anything--yes, Anything!** Albert Ellis, 1988 **Going Menopostal** Amy

Alkon, 2025-05-20 Half of the population the female half is getting healthcare based on medical myth rather than evidence Going Menopostal is Amy Alkon s mission to change that This book started with a flash Alkon s first hot flash Drenching night sweats insomnia and brain fog soon followed along with shame at feeling bewilderingly enraged at everyone and everything Alkon an award winning science columnist and author wanted to turn to her doctor But there was a problem More than half of the medical care we get in the US may not be based on or supported by adequate evidence according to the US National Academy of Medicine Knowing this Alkon began a deep dive into the research on menopause and perimenopause the 3 to 10 years leading up to menopause when women s symptoms are widely ignored dismissed and misdiagnosed despite doctors having every intention of helping their patients She was shocked by what she found Most gynecology departments lack even one doctor with training and expertise in menopausal and perimenopausal medicine and they expect their maternity and general reproductive health specialists to treat these conditions outside their scope of practice without informing patients a violation of medical ethics Perimenopause is wrongly viewed and treated as menopause lite a time of lowered estrogen levels when estrogen levels actually soar making many women miserably symptomatic Few doctors know that symptomatic perimenopausal women actually tend to lack progesterone and that replacing it with safe FDA approved progesterone would alleviate their insomnia hot flashes and other suffering and counteract cell overgrowth that can lead to breast and

endometrial cancer Many doctors deny estrogen to their menopausal patients unaware of current research showing that estrogen not only alleviates symptoms but protects against cardiovascular disease soon to kill 1 in 3 women bone fractures metabolic syndrome and more Findings from studies done largely on middle class white women are wrongly applied to black women and other women of color ignoring crucial differences such as generally lower triglyceride levels in black women that can make heart disease harder to detect This meticulously researched book is written in clear everyday language that you don't need the slightest science background to understand along with Alkon's signature dark humor Alkon equips you with the exact words to confidently ask critical questions and motivate your doctor to partner with you and treat you appropriately instead of giving you the treatment her favorite bus driver got told by her doctor to just wait out her raging insomnia night sweats and hot flashes Alkon's ultimate goal Empowering all women with the science and strategies they need to get the evidence based care they expect and deserve

**Choose to be Happy** Wayne Froggatt, 2013-05-01 Do you want to choose how you feel Wayne Froggatt has already taught hundreds of people in New Zealand to do just that Choose to Be Happy is the result of his experience In it he applies his methods to a comprehensive range of common human problems and areas of personal growth including worry fear anxiety guilt anger depression unassertiveness perfectionism decision making disapproval and criticism self motivation Do you want to be your own therapist You can learn to help yourself with a proven method of psychotherapy that emphasises the use of your own reasoning powers to achieve personal control and growth this book introduces the method step by step allowing you to understand and change the way you react to events in a rational and realistic manner Choose of Be Happy offers more than inspiration and positive thinking It holds out the prospect of permanent change

Choice Theory William Glasser, M.D., 2010-11-16 Dr William Glasser offers a new psychology that if practiced could reverse our widespread inability to get along with one another an inability that is the source of almost all unhappiness For progress in human relationships he explains that we must give up the punishing relationship destroying external control psychology For example if you are in an unhappy relationship right now he proposes that one or both of you could be using external control psychology on the other He goes further And suggests that misery is always related to a current unsatisfying relationship Contrary to what you may believe your troubles are always now never in the past No one can change what happened yesterday

*Psychology Applied to Modern Life* Wayne Weiten, Margaret Ann Lloyd, 2003 Edition after edition this comprehensive text for the adjustment course has enjoyed best seller status in a crowded field While professors cite the book for its academic credibility and the authors ability to stay current with hot topics students say it's one text they just don't want to stop reading Its relevant examples spark students interest in psychology and its engaging applications that show students how psychology helps them understand themselves and their world Students and instructors alike find the text and associated workbooks to be a highly readable engaging visually appealing package that provide a wealth of personal applications

**Etc**, 1996 The Encyclopedia of Career Change and Work Issues Lawrence K.

Jones,1992 A comprehensive source of information and practical advice on the problems and issues of work articles may be grouped under the broad topics Career choice career choice theories career development career exploration career transitions disability discrimination and harassment ethnic minorities interpersonal relationships job hunting job satisfaction legal issues men occupational health and safety pay and benefits psychological well being self improvement testing and evaluation women work family word options      **Is There Anything I Can Do?** Sol Gordon,1996 Many times when faced with a friend s crisis the only workds we can find are I know how you feel or time heals all wounds Now with sound answers and a caring heart Sol Gordon teaches us how to find the right words do the right thing and be a friend who can make a difference      Indispensable You! David Dee,1996 Indispensable You teaches you about the key people and communications skills fast becoming an important new benchmark os employability These career building skills cut across functional and technical expertise to improve teamwork increase productivity boost your employer s bottom line and ultimately help you become indispensable What are these career survival skills How can you develop them Vital is the ability to work well with new people individuals and teams quickly and effectively in a constantly changing world of technology competition and resources Anytime anywhere you want to leap proactively into your future understand and use The 7 Simple Things      *Do it lets get off our buts* John & Peter Mcw Roger,1998      The Family Guide to Mental Health Benjamin B. Wolman,1991 The conditions for mental well being and the deviations from normal mental health are explored in jargon free language in The Family Guide to Mental Health An A Z examination of mental conditions including eating and sleeping disorders mental retardation phobias Alzheimer s disease substance abuse and sexual dysfunction is featured with descriptions of each disorder and recommended care Indexed      **Optimal Aging** Albert Ellis,Emmett Charlton Velten,1998 The authors believe that everyone can with the right attitudes tools and hard work invent their own lives not just live out the scripts provided by an ageist society Written in a humorous and interactive style Optimal Aging will help readers recognize and combat harmful attitudes that hold them back and develop more productive attitudes      *Cognitive Psychotherapy* Windy Dryden,Peter Trower,1989      **Becoming Aware** Velma Walker,Lynn Brokaw,1997-08-14      **Balance Exercises** Bottom Line Personal,1993      Job Skills for the 21st Century Lawrence K. Jones,1996 A plan for teenagers to develop their job skills so they will be prepared to compete in the future job market      Thinking Allowed Jeffrey Mishlove,1992 This text presents an introduction to the ideas of thinkers such as Joseph Campbell Matthew Fox and Virginia Satir      **The One-person Library**,1998

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