



How To Control Your Anxiety Before It Controls You

By Albert Ellis



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A guide to controlling unhealthy anxiety explores the wide range of anxiety-related dysfunctions and includes more than two hundred rational maxims for staving off anxiety. Reprint.

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Editorial Review

About the Author

Albert Ellis, Ph.D. founded Rational Emotive Behavior Therapy (REBT), the pioneering form of the modern Cognitive Behavior therapies. In a 1982 professional survey, Dr. Ellis was ranked as the second most influential psychotherapist in history. His name is a staple among psychologists, students, and historians around the world. He published over seven hundred articles and more than sixty books on psychotherapy, marital and family therapy, and sex therapy. Until his death in 2007, Dr. Ellis served as President Emeritus of the Albert Ellis Institute in New York, which provides professional training programs and psychotherapy to individuals, families and groups.

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