### DESCRIPTION

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

### ABOUT THE AUTHOR

**Michael E. Bernard** is a Professor at the Melbourne Graduate School of Education, University of Melbourne, Australia. He co-founded the Australian Institute for Rational Emotive Therapy, is a former Editor-in-Chief of the *Journal of Rational-Emotive and Cognitive-Behaviour Therapy*, and has written more than 50 books and journal articles in areas associated with mental health,
resilience, peak performance, parenting, and school improvement. He currently consults with business and the public sector on principles of personal effectiveness, and is Managing Director of The Bernard Group.

Michael worked closely with Albert Ellis for more than three decades. Today, he is recognized as an international authority on Ellis' work and Rational Emotive Behavior Therapy.

For additional product details, please visit https://www.wiley.com/en-us