



# How To Control Your Anxiety Before It Controls You

*Albert Ellis*

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## **How To Control Your Anxiety Before It Controls You** Albert Ellis

“No individual—not even Freud himself—has had a greater impact on modern psychotherapy.” --*Psychology Today*

### **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.

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People live in this new moment of lifestyle always aim to and must have the spare time or they will get wide range of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely indeed. People is human not really a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read will be How To Control Your Anxiety Before It Controls You.

#### **Ann Macdonald:**

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