

About the Author

Dr. Albert Ellis was born in Pittsburgh and raised in New York City. He has been a psychotherapist, marriage and family counselor, and sex therapist for sixty years; and continues his practice to this day. Currently the president of the Albert Ellis Institute in New York, Dr. Ellis is the founder of Rational Emotive Behavior Therapy (REBT), the first of the Cognitive Behavior Therapies.

Ranked 'one of the most influential psychologists of all time' by American and Canadian psychologists, Dr. Ellis has written or edited more than seventy-five books, published more than eight-hundred scientific papers and articles, and created over two-hundred audio cassettes. His widely-regarded books include *How to Live with a 'Neurotic; The Art and Science of Love; How to Stubbornly Refuse to Make Yourself Miserable about Anything—Yes, Anything; Reason and Emotion in Psychotherapy; Relational Emotive Behavior Therapy: It Works for Me—It Can Work for You; Feeling Better, Getting Better, and Staying Better; The Road to Tolerance and the Myth of Self Esteem;* as well as *Is Objectivism a Religion*--the original version of this book.

Since earning his doctoral degree in psychology from Columbia University, Dr. Ellis has served as chief psychologist for the state of New Jersey, and held an adjunct professorship at Rutgers University. He was president of the Division of Consulting Psychology for The American Psychological Association, as well as for the Society for the Scientific Study of Sexuality. Dr. Ellis is recognized as a Diplomat in clinical psychology by the American Board of Professional Psychology. He has received numerous awards, from the American Psychological Association, the Association for the Advancement of Behavior Therapy, and the American Counseling Association.

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