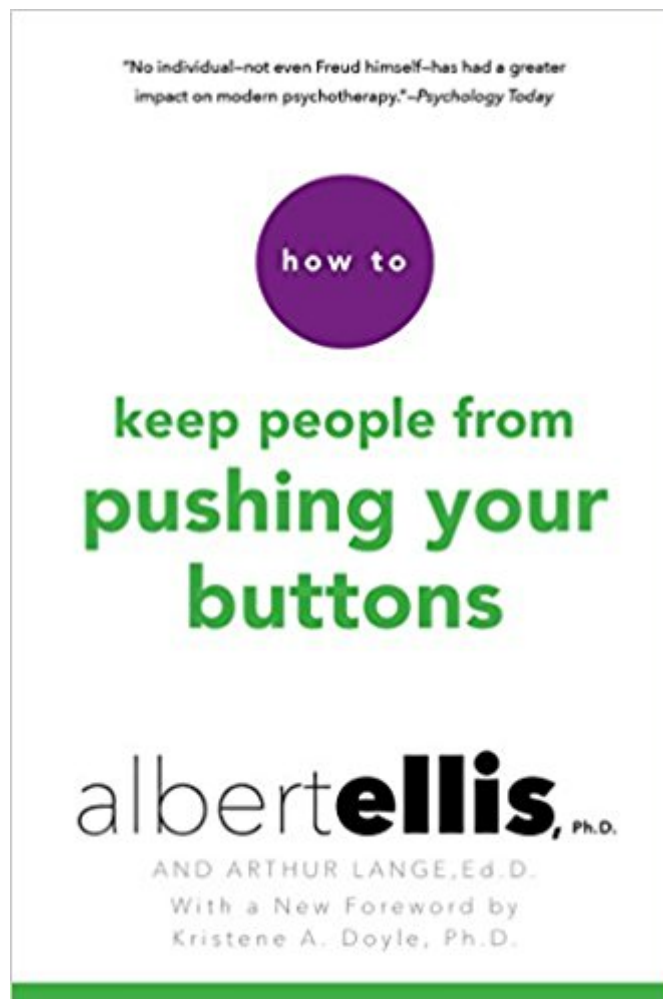




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How To Keep People From Pushing Your Buttons



Synopsis

No individual—not even Freud himself—has had a greater impact on modern psychotherapy. Psychology Today With a New Foreword by Kristene A. Doyle, Ph.D. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY Life can get tough. From unemployment or overwork to divorce or remarriage, the challenges of newly blended families, not to mention everyday hassles, stress can feel non-stop. To top it off, technology confronts us with a barrage of seemingly urgent tasks 24/7. It's no wonder things and people can make you lose your cool. In this landmark book you'll find a very specific, powerful skill set designed to help you keep any scenario from pushing your buttons—and it works. Rational-Emotive Behavior Therapy (REBT), created by world-renowned therapist Dr. Albert Ellis, provides you with realistic, simple, proven techniques that will significantly reduce your stress levels and help you react effectively, whether the circumstances are professional or personal. Discover: Ten beliefs we use to let people and situations needlessly push our buttons A powerful alternative to the kind of thinking that upsets us The Fatal Foursome—feelings that sabotage you How to change your irrational thinking using four key steps Whether you're dealing with colleagues, parents, kids, friends, or lovers, How to Keep People From Pushing Your Buttons will show you how to enjoy an active, vibrant, successful life. Don't get mad or get even—get placid using these techniques for defusing difficult situations. • --Booklist

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Customer Reviews

Worth the read!

Helpful Advice!!

If anyone can help you understand how to gain self-control and stop overreacting, it's Albert Ellis. His books are well written, easy to understand, and firmly assert the individual's control over emotions as opposed to blaming other people for your feelings. He's an exposure therapy person who doesn't use the 'trigger' excuse. If you have problems dealing with other people and situations, it's up to you to learn to master yourself if you ever want to get on with your life as a mature, healthy person. He has exercises you do to monitor your behavior, steps to take if you want to drop your victim mentality, and insights into what's really at the root of your responses to annoying people, etc. I highly recommend any of his books to gain insights and learn corrective measures for inappropriate reactions and thinking.

It's a classic for anyone who is interested in learning how to cope with most folks. We all can become less than cooperative at times, but Dr. Ellis is famous for his cognitive theory, which simply is: We are all irrational and need to just cool it a bit before we amp up our response to people. It's wise to re-think the situation and look at the bigger picture, and often times, the situation is not as difficult or devastating as we might perceive it to be. This is one of my favorite books of his, and I bought it for a friend who had never heard of Albert Ellis. She was having problems with her family and was searching for solutions for a more sane and rational approach to discussing family issues with her numerous siblings. She been very happy with it, and it's been so helpful for her, and she can see where HER responses and her thinking had been had been "ready for a fight." She and I recommend it.

At least one other reviewer pointed out that if you've read one Ellis book, you've got the gist of most

others. I got this book as well as "Rational Living" by Ellis and found that they hit the same points. However, the repetition doesn't take away from the points that (1) It was pretty entertaining reading on what could be a dry subject, and (2) the subject gave me some points to consider. I like self-development books (which you might see if you check out my other reviews), and after reading a number of them reserve 4-star ratings for things that give me pause for thought - which this one did.

Not every method works for everyone however, this work is excellent for getting you into the ballpark of greatly turning down the mental noise from our own and well as others, pushing our hot buttons! It's simple and straight to the point and surprising how well these techniques work for each and every occasion! I should have negotiated a cut for the amount of times that I've recommended this book to my clients! All the best and thanks Dr. Ellis!

I've read quite a few self-help books over the years but none helped me with my thinking the way this one did. I wish I had gotten this book years ago it would have saved me a lot of angst. It wasn't written recently, but it is a classic I would recommend it to anyone who is serious about looking honestly at themselves and are willing to change their thinking.

Albert Ellis is the famous originator of Rational Emotive Behaviour Therapy. This new approach to psychology aims to educate the client to: (1) analyze their emotional thoughts, (2) challenge these troublesome beliefs, and, (3) replace them with more rational ideas. This approach works well with lesser psychological conditions such as anxiety, anger, depression and neuroticism. This book is aimed specifically at fear/anxiety/worry. It has plenty of exercises you can work through to help you learn the approach. Ellis teaches that there are three ways that worriers thinking can go wrong: catastrophic thinking, absolutist thinking and rationalization. Next we learn about the "ten nutty beliefs that we use to let people and situations needlessly push our buttons." While I found this book interesting I began to rebel when I found that I had to learn ten false beliefs that can send me astray. To be fair Ellis does say that only the first four are the most common, but the whole thing had started to feel a bit like preparing to sit an exam. I felt that these ten specific beliefs could have been the subject of a separate book. Another possible criticism is that this book contains absolutely no reference to experiments to demonstrate that this approach works. If you are the type of person that needs evidence to prove an idea to you this may not be the book for you.

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