



Feeling Better, Getting Better, Staying Better : Profound Self-Help Therapy For Your Emotions

By Albert Ellis PhD

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“Feeling better,” says Dr. Ellis, “is crucial to successful therapy. Getting better is even more important.” The most well-known and highly respected psychotherapist of our time offers a “three-pronged” system for maintaining -- or regaining -- emotional health. Feeling Better, Getting Better, Staying Better presents the author’s 50 years of psychotherapy experience and wisdom in a practical guide for the rest of us. Healthy thinking, healthy emotions, and healthy behavior are explained, with detailed examples and procedures for building lasting emotional well-being.

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Editorial Review

From Library Journal

As the inventor of Rational-Emotive Psychotherapy (RET) more commonly known as Cognitive-Behavioral Therapy Ellis is generally considered the most influential living psychoanalyst. He argues that emotions that bother us anxiety, depression, guilt, anger are based on our thoughts about events that happen to us, not on the events themselves, and that we can systematically work to change these cognitive responses. This is the basis of most current short-term therapy and is the only approach that has been scientifically tested and found actually to help patients. One would naturally expect to welcome any self-help book written by such an important thinker. Unfortunately, this particular title doesn't deliver the goods, the main problem being that it is extremely repetitive. The three sections, "Feeling Better," "Getting Better," and "Staying Better," are essentially repetitions, reiterating the message that other approaches (e.g., meditation, religious faith, the quest for achievement) are palliatives, while RET will lead to lasting improvements. Perhaps the problem is that this book is aimed at too general an audience anyone with any kind of disturbing emotions. Libraries are better served by titles that explain cognitive-behavioral techniques for use with specific complaints, e.g., Joseph J. Luciani's *Self-Coaching: How To Heal Anxiety and Depression* (Wiley, 2001) and Fred Penzel's *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well* (Oxford Univ., 2000). Mary Ann Hughes, Neill P.L., Pullman, WA

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Review

“...explains healthy thinking, healthy emotions, healthy behavior. Detailed examples for building lasting emotional well-being.”

—**NAPRA Review**

“...the author is still a force to be reckoned with in... field of psychotherapy and education for mental health.”

—**ForeWord Magazine**

“Ellis' ideas for fighting everyday frustration are often quite wonderful... There's lots of great information here...”

—**INFODAD.COM**

“I find the book useful, insightful, and even fun, and do recommend it...”

—**Betty Street, MSSW, LCSW; NASW Mississippi Chapter Newsletter**

“This book is highly recommended.”

—**Carolyn Johnson, MSW, ABIL Newsletter**

“...well worth reading carefully...almost equivalent to a visit with Albert Ellis.”

—**Raymond Corsini, PhD**, clinical psychologist (ret.), editor, *Encyclopedia of Psychology, Current*

“...easy to read, easy to understand, and easy to remember -- the hallmarks of any good self-help volume. Readers who heed these cogent recommendations...are likely to find life more livable and decidedly more enjoyable.”

—**Arnold A. Lazarus, PhD, ABPP**, Distinguished Professor Emeritus of Psychology, Rutgers University, author of *Marital Myths Revisited* and co-author of *The 60-Second Shrink*

“Virtually everyone has a need to feel better at some time and this self-help guide, writer in Ellis's customary down-to-earth style, does the trick. It worked for me, and it can work for you...”

—**Cyril M. Franks, PhD**, Distinguished Professor Emeritus of Psychology, Rutgers University, Editor, *Child & Family Behavior Therapy*

From the Back Cover

“Feeling better,” says Dr. Ellis, “is crucial to successful therapy. Getting better is even more important.”

The most recognized name in psychotherapy offers a “three-pronged” system for maintaining -- or regaining -- emotional health. Healthy thinking, healthy emotions, and healthy behavior are thoroughly explained in this dynamic book, with detailed examples and procedures for building lasting emotional well-being.

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--Cyril M. Franks, Ph.D. Distinguished Professor Emeritus of Psychology, Rutgers University Editor, *CHILD & FAMILY BEHAVIOR THERAPY*

DR. ALBERT ELLIS is the author of more than sixty-five books on psychotherapy, relationship therapy, and self-help, including *REASON AND EMOTION IN PSYCHOTHERAPY*, *A GUIDE TO RATIONAL LIVING*, *RATIONAL EMOTIVE BEHAVIOR THERAPY: A THERAPIST'S GUIDE*, and *HOW TO MAKE YOURSELF HAPPY AND REMARKABLY LESS DISTURBABLE*.

Dr. Ellis has been rated by psychologists and counselors in the United States as one of the most influential psychologists of our time. He has “revolutionized” psychotherapy since 1955, when he created Rational Emotive Behavior Therapy (REBT), the first of the now-popular cognitive behavior therapies. Dr. Ellis is a practicing psychologist, president of the Albert Ellis Institute in New York City, and a featured speaker at workshops and conferences throughout the world.

Users Review

From reader reviews:

Melvin Loch:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled *Feeling Better, Getting Better, Staying Better : Profound Self-Help Therapy For Your Emotions*. Try to make the book *Feeling Better, Getting Better, Staying Better : Profound Self-Help Therapy For Your Emotions* as your good friend. It means that it can to become your friend when you experience alone and beside associated with course make you smarter than in the past. Yeah, it is very fortuned in your case. The book makes you a lot more confidence because you can know anything by the book. So , we need to make new experience and knowledge with this book.

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Amanda Kline:

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