



The Myth of Self-esteem: How Rational Emotive Behavior Therapy Can Change Your Life Forever

Albert Ellis

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In this illuminating book, Ellis provides a lively and insightful explanation of the differences between self-esteem and self-acceptance. Emphasizing the importance of self-acceptance, he examines this theme in the thinking of great religious teachers, philosophers, and psychologists. He then provides exercises for training oneself to change self-defeating habits to the healthy, positive approach of self-acceptance. These include specific thinking techniques as well as emotive and behavioral exercises.

He concludes by stressing that unconditional self-acceptance is the basis for establishing healthy relationships with others, along with unconditional other-acceptance and a total philosophy of life anchored in unconditional life-acceptance.

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