



The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness

Elliot D. Cohen

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Throughout the ages, great thinkers such as Plato, Aristotle, Epicurus, Aquinas, Descartes, Spinoza, Kant, Nietzsche, and many others have had incredibly useful things to say about overcoming the strife of everyday living and attaining happiness. Unfortunately contemporary approaches to psychology have made only limited use of this guidance. At last, here is an uplifting psychology that systematically applies the wisdom of the ages to attaining life pregnant with insight, meaning, value, and purpose. Guided by the vision of great minds, this book shows you how you can still feel secure and hopeful in a precarious, uncertain universe; face evil with life-affirming courage; build self-esteem, respect for others, and global reverence; become your own person; take control of your emotions and behavior; strengthen your willpower; confront moral problems creatively; build rapport and solidarity with others; and hone your practical decision-making skills. Unlike classical approaches to rational psychology that only scratch the surface of what's deeply wrong in your life, The New Rational Therapy gets to the core and offers you penetrating, philosophical antidotes for transcending your malaise, and for attaining an enduring, profound happiness.

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