



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

By 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 you're 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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### Editorial Review

#### Review

*The New Rational Therapy* is an intelligent and clearly written book. It is enjoyable to read, and it gently induces the reader to self-knowledge and self-improvement. The light of reason that shines through this new therapy can indeed be the right medication for persons suffering from mental and emotional disorders. Professional care givers can find new inspiration in the “Eternal Logos” reshaped as a Logic-Based talking cure (LBT) and use its wisdom in their own working settings. *The New Rational Therapy* presents the ripened fruition of Dr. Elliot Cohen's many years of research and clinical practice; it will be the remaining crown of excellence and distinction on his labor. (Shlomit C. Schuster Ph.D., author of *Philosophy Practice: An Alternative to Counseling and Psychotherapy*)

In his *New Rational Therapy*, Elliot Cohen identifies eleven common and destructive patterns of reasoning that, left unchecked, can substantially impair personal happiness. He provides many useful antidotes to counteract the poisonous effects of these cardinal fallacies. (Samuel Zinaich, Jr., president, American Society for Philosophy, Counseling, and Psychotherapy)

An amazingly profound book. (Albert Ellis PhD, Albert Ellis Institute for Rational Emotive Therapy, New York City)

Cohen does a masterful job of melding concepts of positive psychology into his own theories of rational therapy. (Sara Dettinger Martino *PsycCRITIQUES*)

This is a genuinely useful book that deserves a wide readership. It could help a lot of people become a great deal happier. (Kevin M. Purday *Metapsychology Online Reviews*)

Clearly written and well argued, Cohen sets out eleven philosophical prescriptions that really can improve our everyday lives. If more philosophers followed Cohen's lead in their work, there will be many more (employed) philosophers and even more satisfied students of philosophy. (James Sterba, University of Notre Dame)

#### From the Author

This book is the first systematic philosophical counseling approach to use philosophical wisdom to treat some of the most destructive fallacies endemic to humankind. For example, many people suffer from metaphysical insecurity as a result of making perfectionistic demands on a universe inherently imperfect. Standard psychological approaches are not equipped to deal with this metaphysical malais because the philosophical insights needed to overcome it are outside the purview of classical psychological training. In this book, I have identified eleven cardinal fallacies that tend to create the lion share of self-inflicted, needless human suffering; and I have provided many potent antidotes to these fallacies gleaned from the history of philosophy. The book shows how living philosophically according to these lights can help you better cope with the stresses of ordinary living, and, what is more, aspire to a life pregnant with deeper meaning, insight, value, and purpose.

#### About the Author

Elliot D. Cohen, Ph.D., is executive co-director and co-founder of the American Society for Philosophy, Counseling, and Psychotherapy; professor and chair at the Indian River College; editor-in-chief and founder

of The International Journal of Applied Philosophy and The International Journal of Philosophical Practice. Author of twelve books and numerous articles, his most recent book on philosophical counseling is What Would Aristotle Do? Self-Control through the Power of Reason. Other recent books include Philosophers at Work: Issues and Practice of Philosophy; The Virtuous Therapist: Ethical Practice of Counseling & Psychotherapy; and News Incorporated: Corporate Media Ownership and its Threat to Democracy.

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#### **Gayle Skinner:**

As people who live in the particular modest era should be change about what going on or info even knowledge to make these individuals keep up with the era which can be always change and move ahead. Some of you maybe may update themselves by studying books. It is a good choice for you personally but the problems coming to an individual is you don't know which one you should start with. This The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness is our recommendation to help you keep up with the world. Why, since this book serves what you want and want in this era.

#### **Katherine Adkins:**

People live in this new time of lifestyle always make an effort to and must have the extra time or they will get lot of stress from both daily life and work. So , once we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity are there when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read is definitely The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness.

#### **William Burmeister:**

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