



## Under the Influence: Reflections of Albert Ellis in the Work of Others

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By Emmett Velten

See Sharp Press. Paperback. Book Condition: new. BRAND NEW, Under the Influence: Reflections of Albert Ellis in the Work of Others, Emmett Velten, With prominent contributors -- including Albert Ellis, considered the most famous living psychologist and developer of the original cognitive behaviour therapy -- this collection of essays establishes the primacy of Ellis's writings on a number of topics in psychotherapy. In doing so, it brings down to earth the claims of some of the more profound error-makers and suggests the plausible, rather than the claimed, source of their insights and their real place in the psychotherapy family tree. Discussions on treatment of anxiety disorders, marital therapy, biological influences, evolutionary psychology, dialectical behaviour therapy, and acceptance and commitment therapy are included. Contributors include Emmett Velten, Ricks Warren, and Diana R. Richman.



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### Reviews

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