

How to Stubbornly Refuse to Make Yourself Miserable About Anything: Yes, Anything

Albert Ellis

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How to Stubbornly Refuse to Make Yourself Miserable About **Anything: Yes, Anything**

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How to Stubbornly Refuse to Make Yourself Miserable About Anything: Yes, Anything Albert Ellis Dr. Ellis argues that not only are anger, anxiety and depression unnecessary, they are unethical--for when one allows emotional disturbances, he or she is being unfair and unjust to his/herself.



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