

Information from Ann Vernon's lecture on REBT. Check out the Albert Ellis website:

www.albertellis.org

Theoretical Influences

- "People are not disturbed by things, but by the view the take of them" (Epictetus)
- "When confronted with a situation which we cannot change, we are then challenged to change ourselves" (Viktor Frankl)
- "Most folks are about as happy as they make up their minds to be" (Abraham Lincoln)
- "There is nothing good or bad, but thinking makes it so" (William Shakespeare)
- Very little is needed to make a happy life; it is all within yourself, in your way of thinking"

(Marcus Aurelius)

- "The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny" (Albert Ellis)

Rational Children's Books

- Piper, W. *The Little Engine That Could*
- Carlson, N. *What It It Never Stops Raining?*
- Katie, Byron. *Tiger-Tiger, Is It True?*
- Scieszka, J. *The True Story of the Three Little Pigs!*
- Burnett, D. *Simon's Hook*
- Benjamin, A.H. *It Could Have Been Worse*
- Zugo, C. *Being Bella*

Books on REBT/CBT for adults:

- Burns, D. *The Feeling Good Handbook*
- Dryden, W., DiGiuseppe, R., & Neenan, M. *A Primer on Rational Emotive Behavior Therapy—3rd edition*
- Ellis, A. *Feeling Better, Getting Better, Staying Better: Profound Self-Help Therapy for Your Emotions*
- Ellis, A. *Rational Emotive Behavior Therapy: It Works for Me—It Can Work for You*
- McKay, G., and Dinkmeyer, D. *How You Feel Is Up To You*