



When AA Doesn't Work For You: Rational Steps to Quitting Alcohol

By Albert Ellis Ph.D., Emmett Velten Ph.D.



When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D.

Of the many methods that have been designed to help people quit their problem drinking and change their lives, a few originated by pioneering self-help groups - such as Alcoholics Anonymous and Rational Recovery - have had considerable success. But not with everybody. When AA Doesn't Work for You is the first book in which the world famous founder of Rational Emotive Behavior Therapy, Dr. Albert Ellis, applies the powerful insights of REBT specifically to recover from problem drinking. This book explicitly shows the reader how to get to recovery, how to stay there, and how to move on to another higher level: a more enjoyable and fulfilling life.

 [Download When AA Doesn't Work For You: Rational Steps ...pdf](#)

 [Read Online When AA Doesn't Work For You: Rational Step ...pdf](#)

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol

By Albert Ellis Ph.D., Emmett Velten Ph.D.

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D.

Of the many methods that have been designed to help people quit their problem drinking and change their lives, a few originated by pioneering self-help groups - such as Alcoholics Anonymous and Rational Recovery - have had considerable success. But not with everybody. When AA Doesn't Work for You is the first book in which the world famous founder of Rational Emotive Behavior Therapy, Dr. Albert Ellis, applies the powerful insights of REBT specifically to recover from problem drinking. This book explicitly shows the reader how to get to recovery, how to stay there, and how to move on to another higher level: a more enjoyable and fulfilling life.

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. **Bibliography**

- Sales Rank: #136661 in eBooks
- Published on: 1992-01-01
- Released on: 1992-01-01
- Format: Kindle eBook

 [Download When AA Doesn't Work For You: Rational Steps ...pdf](#)

 [Read Online When AA Doesn't Work For You: Rational Step ...pdf](#)

Download and Read Free Online When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D.

Editorial Review

From Library Journal

According to the authors, the irrational thoughts and beliefs of the alcoholic--as opposed to the concept of "powerlessness" taught by Alcoholics Anonymous (AA)--contribute greatly to alcoholism. Recognizing that AA may not work for everyone, they present a form of cognitive therapy known as Rational Emotive Therapy (RET). In RET, the alcoholic's irrational beliefs about drinking are consistently flushed out, challenged, and replaced with more rational ones. The authors also address "stinking thinking," a phrase coined by AA to describe the negative thoughts that often lead to relapse. Exercises in positive self-talk, creative imagery, and daily self-care are included. The ideas presented are similar to those found in a growing number of titles that offer alternatives to AA, including Jack Trimpey's *The Small Book: Revolutionary Alternatives for Overcoming Alcohol and Drug Dependence* (Delacorte, 1991). However, the information may be more beneficial when coupled with professional guidance. Purchase for self-help, psychology, and medical collections.

- *Linda S. Greene, Chicago P.L.*

Copyright 1992 Reed Business Information, Inc.

About the Author

Dr. Albert Ellis holds a Ph.D. in Clinical Psychology from Columbia University and is President of the Institute for Rational-Emotive Therapy in New York City. He is the founder of rational-emotive therapy (RET) and the grandfather of cognitive-behavior therapy (CBT). Several professional societies have honored him: He holds the Humanist of the Year Award of the American Humanist Association, the Distinguished Psychologist Award of the Academy of Psychologists in Marital and Family Therapy, and the Distinguished Practitioner Award of the American Association of Sex Educators, Counselors and Therapists. The American Psychological Association has given him its major award for Distinguished Professional Contributions to Knowledge (and the American Association for Counseling and Development has given him its major Professional Development Award.) He has published more than 70 books and over 700 articles on psychotherapy, sex, love, and marital relationships. Still going strong, he sees about 70 individual clients and conducts 5 group therapy sessions each week at the psychotherapy clinic of the Institute, supervises interns and postdoctoral fellows, and gives numerous talks and workshops in the United States and abroad.

Professor Michael E. Bernard is the Founder of You Can Do It! Education, a program for promoting student social-emotional well-being and achievement that is being used in over 6,000 schools in Australia, New Zealand, England and North America. After receiving his doctorate in educational psychology from the University of Wisconsin, Madison, he worked for 18 years in the College of Education, University of Melbourne, Australia. In 1983, he was appointed as Reader and Coordinator of the Master of Educational Psychology Program. From 1995-2005, he was a tenured professor in the Department of Educational Psychology, Administration and Counseling, College of Education, at California State University, Long Beach. Professor Bernard has worked as a consultant school psychologist helping families and schools address the educational and mental health needs of school-age children. He has spent extensive time counseling children with emotional, behavioral or academic difficulties. Professor Bernard is a co-founder of the Australian Institute for Rational Emotive Behavior Therapy and is the author of many books on REBT. For eight years, he was the editor-in-chief of the *Journal of Rational-Emotive and Cognitive-Behavior Therapy*. He is the author of over 50 books, 15 book chapters and 30 journal articles in the area of children's early childhood development, learning and social-emotional well-being as well as parent education, teacher professional development and school improvement. Today, Professor Bernard is an international

consultant to universities, educational authorities, organisations and government. He is a professor at the University of Melbourne, Faculty of Education.

Emmett Velten is the author of "Under the Influence: Reflections of Albert Ellis in the Works of Others," the coauthor with Albert Ellis of "Optimal Aging" and "When AA Doesn't Work for You," and a member of the board of directors of the Albert Ellis Institute. He lives in Phoenix and San Francisco. David Burns, MD, is the author of "Feeling Good" and "The Feeling Good Handbook," He lives in California.

Users Review

From reader reviews:

Linda Davis:

The book When AA Doesn't Work For You: Rational Steps to Quitting Alcohol gives you the sense of being enjoy for your spare time. You can utilize to make your capable far more increase. Book can to be your best friend when you getting strain or having big problem along with your subject. If you can make studying a book When AA Doesn't Work For You: Rational Steps to Quitting Alcohol to become your habit, you can get much more advantages, like add your own personal capable, increase your knowledge about a few or all subjects. You are able to know everything if you like open and read a book When AA Doesn't Work For You: Rational Steps to Quitting Alcohol. Kinds of book are a lot of. It means that, science e-book or encyclopedia or others. So , how do you think about this publication?

Gretchen Meehan:

This When AA Doesn't Work For You: Rational Steps to Quitting Alcohol are generally reliable for you who want to be considered a successful person, why. The main reason of this When AA Doesn't Work For You: Rational Steps to Quitting Alcohol can be one of the great books you must have is usually giving you more than just simple looking at food but feed you with information that possibly will shock your previous knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions both in e-book and printed ones. Beside that this When AA Doesn't Work For You: Rational Steps to Quitting Alcohol giving you an enormous of experience such as rich vocabulary, giving you test of critical thinking that we realize it useful in your day task. So , let's have it and revel in reading.

Donna Graham:

You may spend your free time to read this book this reserve. This When AA Doesn't Work For You: Rational Steps to Quitting Alcohol is simple to create you can read it in the park, in the beach, train as well as soon. If you did not have got much space to bring typically the printed book, you can buy typically the e-book. It is make you easier to read it. You can save typically the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

Johnny Abel:

Don't be worry in case you are afraid that this book will probably filled the space in your house, you may

have it in e-book approach, more simple and reachable. This When AA Doesn't Work For You: Rational Steps to Quitting Alcohol can give you a lot of close friends because by you taking a look at this one book you have issue that they don't and make an individual more like an interesting person. This particular book can be one of a step for you to get success. This publication offer you information that maybe your friend doesn't understand, by knowing more than various other make you to be great persons. So , why hesitate? We should have When AA Doesn't Work For You: Rational Steps to Quitting Alcohol.

**Download and Read Online When AA Doesn't Work For You:
Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett
Velten Ph.D. #2HMNEBV563K**

Read When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. for online ebook

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. books to read online.

Online When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. ebook PDF download

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. Doc

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. Mobipocket

When AA Doesn't Work For You: Rational Steps to Quitting Alcohol By Albert Ellis Ph.D., Emmett Velten Ph.D. EPub