The New Rational Therapy
THINKING YOUR WAY TO SERENITY, SUCCESS, AND PROFOUND HAPPINESS

By ELLIOT D. COHEN, PH.D.

Foreword by ALBERT ELLIS

“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 P. Sterba, University of Notre Dame

“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

“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 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.”

--Dr. Shlomit C. Schuster, author of Philosophical Practice: An Alternative to Counseling and Psychotherapy

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 your 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.

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, as well as author of twelve books and numerous articles.

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