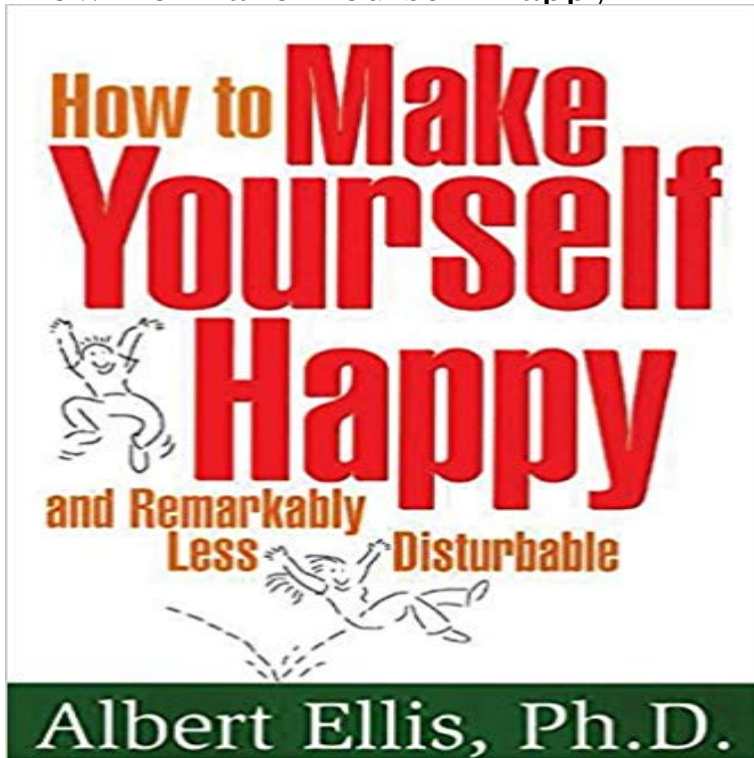


## How To Make Yourself Happy



Would you like to: Change your disturbing thoughts into healthy ones? Make yourself less disturbable in the face of adversity? Overcome anxiety, depression, rage, self-hate, or self-pity? How to Make Yourself Happy and Remarkably Less Disturbable will show you how! This user-friendly guide offers simple, straightforward procedures and practical wisdom on a happier, more trouble-free life, from one of the most highly respected psychologists of our time. Dr. Ellis includes dozens of real-life case examples, detailed descriptions of self-help action steps, and a witty, articulate style that you'll find entertaining and enlightening. Go ahead make yourself happy!

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