

# Albert Ellis Tribute Book Series

*"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

*The Albert Ellis Tribute Book Series* honors the life and work of Dr. Albert Ellis, the founder of rational emotive behavioral therapy (REBT) and one of the most influential thinkers of the 20th and early 21st century.

Writing was one of Albert Ellis' great passions. It is fitting that we honor his memory and his enormous contributions through this tribute book series.

Tribute books reflect Al's diverse interests, writings, and contributions. Throughout his career, he stayed at in the forefront of psychotherapeutic thought. Tribute books do the same.

REBT-oriented tribute series books deliver innovative ideas, new formulations, and advancements in psychotherapy. You'll currently find books of readings for professionals, psychology self-help books, and books on the application of rational philosophies to clinical practice.

We support this tribute series to help advance Al's life work by promoting rational thinking and living through reading. We expect this series will help keep his ideas alive and encourage the development and promotion of other great ideas for the psychological betterment of humanity.

Different publishers have different publication plans and strengths. Thus, the tribute series consists of books on diverse topics produced by different publication houses. We believe this diversity enriches the series.

We like the idea that tribute series books sell well. This helps keep Al's ideas fresh and viable. Beyond a publisher's normal promotional efforts we plan to support tribute books through various channels.

## **Albert Ellis Tribute Series Charter Books**

The first 12 books are the charter books. The sky's the limit, however, as to the numbers of future books for the series. In addition to the charter books, we'll designate some selected books as *specials to the series* and as *preferred readings*. Some books will be *invited books*, and so designated.

The charter books follow:

*Stage Fright: 40 Stars Tell You How They Beat America's #1 Fear.* Mick Berry and Michael Edelstein PhD. 2009. Tucson AZ: See Sharp Press.

Forty interviews with some of the most highly accomplished public figures shed light on the range of this common human affliction. Some of the most experienced and well-known stage and screen personalities suffer from this dread. Berry and Edelstein show how to use REBT to overcome stage fright. A must read for anyone who is serious about overcoming public speaking anxiety. See [Stage Fright](#)

*Albert Ellis Revisited.* Jon Carlson Psy.D., Ed.D. and Bill Knaus Ed.D. 2013. New York: Routledge.

Divided into three sections (theory, practice, and special issues) this 20-chapter book of readings covers Albert Ellis' writings from the beginning to the end of his career. Twenty of Al's friends and valued colleagues introduce Al's articles with a commentary showing the timeless relevance of his innovative and incisive thinking. *Albert Ellis Revisited* has commentaries by all four former directors of post-graduate REBT training in REBT. This is a first, and not likely to happen again. This book is an obvious must read for anyone interested in the REBT system.

*Critical Thinking Unleashed.* Elliot D. Cohen Ph.D. 2009. Lanham, Maryland: Rowman & Littlefield Publishers.

*Critical Thinking Unleashed* shows how to overcome destructive human tendencies and live a meaningful and productive life. Learn to rid yourself of needless turmoil and despair by putting the reasoning skills to work that Elliot Cohen describes for you. A must read for anyone who wants to end needless stress the rational way. See [Critical Thinking Unleashed](#)

*The Dutiful Worrier.* Elliot Cohen, Ph.D. 2011. Oakland California: New Harbinger

This book is for those who are swirling in a world of worry and who want to break free from recycling endless future fears, most of which will never happen. By pitting rational thinking against worry thinking any reader can learn to substitute legitimate concern for fruitless worry, feel better and live life better. A must read for anyone who suffers from general anxiety, See [The Dutiful Worrier](#)

*The Cognitive Behavioral Workbook for Depression (Second Edition)*. Bill Knaus Ed.D. 2012. Oakland California: New Harbinger.

Dr. Bill Knaus figuratively shows you how to go to war against depression using cognitive, emotive, and behavioral methods. This book overflows with innovative approaches and insightfulness that Bill is renowned for creating. It has 25 special tips on how to overcome depression from top depression experts. Albert Ellis wrote the forward, and this may be the last one that he wrote. A must read for anyone who wants to use a psychological approach to halt depression in its tracks and stop it from coming back. See [The Cognitive Behavioral Workbook for Depression \(Second Edition\)](#)

*The Cognitive Behavioral Workbook for Anxiety: A step-by-step program*. Bill Knaus, Ed.D. 2008. Oakland California: New Harbinger.

Learn to rid yourself of phony parasitic anxieties and fears using powerful REBT and CBT therapy methods. Recognize your anxiety triggers, develop skills to stop anxious thoughts before they get out of control, and stop your needless fears from coming back. A must read for those who believe that if they had the tools to overcome their anxieties and fears, they'd use them. See [The Cognitive Behavioral Workbook for Anxiety](#)

*End Procrastination Now*. Bill Knaus Ed.D. 2010. New York: McGraw-Hill.

Combat procrastination with a three-pronged cognitive, emotive, and behavioral approach. Go on the offense against procrastination by executing seven powerful principles. Use five phases of change to consolidate and solidify your gains. Get started. Follow through. Finally take charge of your time and your life. A must read for anyone who feels weighted down by many things left undone and burdened from needless delaying. To substitute productivity for procrastination, see [End Procrastination Now](#)

*Fearless Job Hunting*. Bill Knaus Ed.D. , Sam Klarreich Ph.D. , Russell Grieger, Ph.D. and Nancy Knaus, Ph.D. MBA. 2010. Oakland California: New Harbinger.

Don't get sidetracked from finding a dream job. Learn to get past emotional hurdles, find a career that matches your abilities and interests, use motivational techniques to mobilize yourself, learn proven and innovative job search strategies, and close the deal using the highly effective communication skills that you'll find in this book. Use rational approaches to keep levelheaded throughout this process. This timeless resource is a must read for any job searcher who seeks work in either a down or an up job market. See [Fearless Job Hunting](#)

## **Charter Publishers Receptive to Albert Ellis Tribute Books**

The following four charter publishers are receptive to publishing Albert Ellis Tribute Series books. The General Editors endorse them for this series. (We anticipate adding general publishers who are receptive to publishing and promoting REBT oriented books.)

New Harbinger. 5674 Shattuck Avenue Oakland, CA 94609. Phone: 800-748-6273. Email [Jess.OBrien@newharbinger.com](mailto:Jess.OBrien@newharbinger.com)

Routledge (Taylor and Francis Group). 8th Floor, 711 3rd Avenue. New York, NY 10017. Phone: 212- 216-7800.

Impact Publishers, Inc. P.O. Box 6016 Atascadero, California 93423 – 6016. Phone: (805) 466-5917. Email: [info@impactpublishers.com](mailto:info@impactpublishers.com)

Prometheus Press 59 John Glenn Drive, Amherst, New York, 14228-2197. For manuscript submissions inquire by email: [submissions@impactpublishers.com](mailto:submissions@impactpublishers.com)

## **Tribute Series Book Proposals**

We are not agents or publishers. You work out contracts with publishers. Publishers independently accept or reject tribute series books.

If you publish your new REBT-oriented book with any of the charter publishers, or other publisher, this does not mean that your work will automatically be part of The Albert Ellis Tribute Book Series. The General Editors make that determination. However, we think our endorsement can help a writer match up with charter publishers or other publication houses.

If you have a tribute book idea, or a book that is in process, and you want us to consider it for the series, send your idea to [AlbertEllisTributeBooks@gmail.com](mailto:AlbertEllisTributeBooks@gmail.com). We check our email file the first of each month. If you personally know a general editor, contact that person.

We give preferences to those who already have book contracts for rationally-oriented books, and to those who visibly supported Albert Ellis in the last two years of his life. We are interested in proposals for REBT-oriented books, from promising new authors. Based on charter publisher interests, we'll occasionally invite authors to submit a specific proposal, and then designate their work as *invited* for the series.

For book ideas from new authors that we think fit the spirit of the series and our objectives, a sub-committee of editorial board members may make suggestions. However, this is an all-volunteer effort. Editors contribute based on their interest in your project and the time that they have available.

*Working together, we can make a difference.*

## **Albert Ellis Tribute Book Series Editorial Board**

The editorial board's diversity is a tribute to Albert Ellis' memory and to the value of his contributions. It consists of the four former directors of training in rational emotive behavior therapy, senior fellows in REBT, three former American Psychological Association presidents, founders of major psychotherapy clinics and psychotherapy systems, and high profile people from various academic and professional disciplines that Albert Ellis would consider valued colleagues and friends.

### **General Editors**

Bill Knaus, Ed.D., Former Director of Training, Institute for Advanced Study in Rational Emotive Therapy. Founder of Rational Emotive Education. Author of seminal work on procrastination, and other books.

Jon Carlson, Psy.D., Ed.D., ABPP Distinguished Professor; Governors State University ; Proponent of Adlerian psychotherapy. Author.

Elliot D. Cohen, Ph.D., Professor, Indian River State College; Adjunct Professor, Florida State University College of Medicine; Founder, Logic-Based Therapy. Author

### **Tribute Book Editorial Board**

Robert E. Alberti, Ph.D., is the founder and publisher (Ret.) of Impact Publications. He is the co-author of the best-selling *Your Perfect Right* (nine editions), consultant, Fellow of the American Psychological Association, and Clinical Member of the American Association for Marriage and Family Therapy.

Irwin Altrous, Ph.D., Associate Fellow and Training Faculty, REBT; Adjunct Assistant Professor (Psychiatry) and Clinical Supervisor (Psychology), Queens University.

Guy Azoula, Ph.D., French representative for Rational Emotive Education. Supervisor, REBT; Teacher at the French cognitive behavior association.

Aaron T. Beck, M.D., University Professor of Psychiatry, University of Pennsylvania; President, Beck Institute for Cognitive Therapy and Research.

Judith S. Beck, Ph.D., Director, Beck Institute for Cognitive Therapy and Research; Clinical Associate Professor of Psychology in Psychiatry, University of Pennsylvania; founding fellow and former president of the Academy of Cognitive Therapy.

Joel Block, Ph.D., ABPP, Assistant Clinical Professor of Psychiatry, Einstein College of Medicine; Author of books on improving relationships.

Walter Block, Ph.D., The Harold E. Wirth Eminent Scholar Endowed Chair in Economics at Loyola University; Author of a dozen books and over 200 scholarly articles.

Giulo Bortolozzo, M.S., Australian representative for Rational Emotive Education; Author of People and Emotions and Have a Go Spaghetto!.

Chuck Carins, Ph.D., Professor Emeritus, Linguistics, City College, New York.

Nick Cummings, Ph.D., Former President, American Psychological Association; President, Cummings Foundation.

Rene F.W. Diekstra, Ph.D., Professor of Psychology, Roosevelt Academy International Honors College, University of Utrecht, The Netherlands.

Rev. Thomas A. Downes, Ph.D., Long Island College Hospital Chaplain; Master Chaplain, Academy of Certified Chaplains.

Michael R. Edelstein, Ph.D., Fellow and Supervisor, REBT; Author of Three Minute Therapy and Stage Fright; Past President of the Association for Behavioral and Cognitive Therapy.

Debbie Joffe Ellis, Lic. Psychologist (Australia); Lic. Mental Health Counselor(New York); REBT Fellow, Supervisor, and Presenter; Widow of Albert Ellis. Private practice, New York City.

David Ellis, JD., Intellectual Property and Patent Attorney; Former Adjunct Professor, University of Florida and Stetson University.

Susan Ellis, Ph.D., Licensed psychologist; Certified Family Mediator; Author of Make Sense of Your Dreams, and Make Sense of Your Feelings.

Frank Farley, Ph.D., Former President, American Psychological Association; H. Carnell Professor at Temple University.

Pam Garcy, Ph.D., Director of Training, Texas School of Professional Psychology at Argosy University.

Edward Garcia, MA., Former Director of Training, Institute for Advanced Study in Rational Emotive Therapy; Co-Author of Building Emotional Muscle and Homer the Homely Hound Dog.

H. Jon Geis, Ph.D., Original Director of Training, Institute for Advanced Study in Rational Emotive Therapy; Taught at New York University, Columbia University, and Yeshiva University.

Joe Gerstein, MD., Founding President, SMART Recovery Self-Help Network; Harvard Medical School (retired).

Russ Greiger, Ph.D., REBT Supervisor; Adjunct Professor of the University of Virginia; Six books and over fifty professional papers and chapters on REBT.

Nancy Haberstroh, MBA, Ph.D., Primary US representative of Rational Emotive Education; Director of Psychological Services, Monson Developmental Center.

Steven C. Hayes, Ph.D., Foundation Professor of Psychology, University of Nevada, Reno.

Howard Kassinove, Ph.D., ABPP, Professor of Psychology, and Director, Institute for the Study and Treatment of Anger and Aggression at Hofstra University.

Tony Kidman, Ph.D., Director of the Health Psychology Unit, University of Technology, Sidney Australia. Member of the Order of Australia.

Sam Klarreich, Ph.D., President, The Berkeley Centre for Effectiveness, Toronto, Canada.

Gerald Koocher, Ph.D., ABPP, Former President, American Psychological Association; Dean and Professor School of Health and Sciences, Simmons College.

Paul Kurtz, Ph.D., Professor Emeritus, Philosophy, State University of New York at Buffalo; Founder, Institute for Science and Human Values; Founding publisher, Prometheus Books; Author of 50 books.

Arnie Lazarus, Ph.D., ABPP, Professor Emeritus, Rutgers University; Founder, Multimodal Psychotherapy.

Barry Lubetkin, Ph.D., Founding co-President Behavioral Therapy Center, New York; Author books on resolving marital and social anxieties.

Matthew McKay, Ph.D.: Professor, The Wright Institute; Director, the Berkeley CBT Clinic; author or co-author of more than 30 psychology titles; Publisher, New Harbinger Publications.

John Minor, Ph.D., Associate fellow and training faculty, REBT; Adjunct professor, University of California.

John C. Norcross, Ph.D., Professor of Psychology & Distinguished University Fellow, University of Scranton.

Christine A. Padesky, Ph.D., Distinguished Founding Fellow, Academy of Cognitive Therapy; Co-Founder, Center for Cognitive Therapy, author of best-selling Mind Over Mood.

Vince Parr, Ph.D., President, Rational Living Foundation, Tampa, FL.

Leon Pomeroy, Ph.D., Adjunct faculty, George Mason University; President of The Robert S. Hartman Institute; Author of The New Science of Axiological Psychology.

Aldo R. Pucci, Psy.D., President, National Association of Cognitive-Behavioral Therapists.

Roberta Richardson, Ph.D., Vice-Chair of Association of REBT, UK.

Will Ross, Webmaster, REBTnetwork.org; Author and publisher of online REBT self-help materials.

Gayle, Rosellini, MS., Specialist in 501-c-3, private, non-profit agencies; Treatment of addictions and criminality, author "Of Course You're Angry."

Nosheen Kahn Rahman, Ph.D., Professor\Director of Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.

Richard S. Schneiman, Ph.D., Co-Director Intermountain Center for REBT, Salt Lake City, Utah.

Sanjay Singh, MD, DNB, Ph.D., REBT and REE Representative in India; Professor and Head of the Department of Dermatology, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India.

Deborah Steinberg, MSW, Fellow and Supervisor, REBT; Child specialty: character development and moral education; Author of How to Stick with a Diet.

Thomas Szasz, M.D., Professor of Psychiatry Emeritus, SUNY Upstate Medical University, Syracuse, New York.

Danny Wedding, Ph.D., MPH, Professor of Psychiatry, University of Missouri-Columbia; Director, Missouri Institute of Mental Health.

Richard Wessler, Ph.D., Former Director of Training, Institute for Advanced Study of Rational Emotive therapy; Professor Emeritus, Pace University; Co-founder, Cognitive Appraisal Therapy.

Janet L. Wolfe, Ph.D., Former Executive Director, Albert Ellis Institute; Adjunct Professor, New York University; Private practice, NYC.