

# LANGUAGE : MARATHI

## मी अल्बर्ट एलिस

डॉ. अंजली जोशी

अल्बर्ट एलिस : विचारदर्शन

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Set of 02 Marathi Books

# Albert Ellis Marathi

**American Board of Commissioners for  
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## **Albert Ellis Marathi:**

**I Am Albert Ellis** Dr Anjali Joshi, Dr Albert Ellis is one of the greatest psychologists in the world and an eminent personality from the United States He became immortal in the history of psychology with his Rational Emotive Behaviour Therapy or REBT which he founded in 1955 Today REBT has gained recognition and is widely followed everywhere In the present world full of stress and strife we all are in pursuit of peace and happiness Based on rational and humanistic life philosophy REBT has helped people from all walks of life in uplifting their lives and is hence extremely popular all over the world This autobiographical novel gives the reader an insight into his thoughts and his dauntless and resolute personality Dr Ellis lived actively and zealously till his death He overcame several hurdles and shortcomings in his long life of 93 years only because of REBT My life is my message he said REBT and Ellis life were synonymous which is proved by his life journey The novel unravels his emotions and puts forth his revolutionary views about sexuality in a forthright but sensitive way It motivates the reader to introspect on his own life philosophy thereby enabling him to tide over his emotional problems and make life more meaningful Readers have found the original Marathi novel first published in 2009 to be a self help guide It enjoys a wide readership and is popular among psychiatrists psychologists counsellors students and celebrities as well and has thus been a consistent best seller till date **Mī Albarṭa Elisa** Añjalī Jośī, 2017 Based on the life of Albert Ellis 1913 2007 clinical psychologist and founder of rational emotive behaviour therapy **Rational Emotive Behaviour Therapy Integrated** Anjali Joshi, K.M. Phadke, 2024-12-30 This book offers a comprehensive overview of rational emotive behaviour therapy REBT a significant cognitive behavioural approach to counselling and psychotherapy originating from the pioneering work of Dr Albert Ellis Within its pages you will find a detailed exploration of REBT's historical evolution the framework of ABC activating event belief system and consequences its theoretical and philosophical foundations and its relationship with various religions atheism and morality The therapeutic process and techniques are thoroughly covered along with the wide reaching applications in real world scenarios One of the book's highlights is the inclusion of multiple case studies focusing on psychological disturbances representing different categories of irrational beliefs Through these cases readers gain a deeper understanding of psychological disturbances and discover possible remedies Foundational principles such as unconditional self acceptance unconditional acceptance of others and unconditional acceptance of life are vividly explained empowering readers to grasp these concepts and their potential for personal growth Moreover this book serves as a comprehensive reference encompassing major contributions to REBT theory and research both from the past and recent developments The second edition of this book updated and revised presents the latest advancements in the field ensuring that readers are up to date with REBT knowledge It provides a valuable resource for those seeking to explore and understand the intricacies of REBT Whether you are a student practitioner or simply curious about the field of counselling and psychotherapy this book offers a wealth of knowledge and insights into the theory and practice of REBT and its transformative potential in promoting

psychological well being and resilience In this latest edition readers discover new age topics like the application of REBT in sports and exercise REBT group therapy the role of low frustration tolerance in addiction and much more

**Contextualizing Indian Experiences of Covid-19** Rajesh Kharat, Satishchandra Kumar, Kanchana Mahadevan, Meher Bhoot, 2024-08-06 This volume captures the social political psychological administrative and policy dimensions of the COVID 19 pandemic in the Indian context The book is divided into four parts Part I highlights social narratives from underprivileged workers ASHA workers the LGBTIQ community and sanitary workers It documents their struggles to develop mitigation adaptation and resilience strategies Part II includes case studies and stories of self management the mental health of students from rural and urban Maharashtra and of caregivers It unveils the path of transformation of self to deal with the issues of anxiety and emotional turmoil caused during and due to the COVID 19 pandemic Part III consists of resilience philosophical hope and solidarity which reflect the contribution of seva by the Sikh community It also highlights the contribution of government organizations like Indian Railways Air India and the Employee Provident Fund Organization to provide relief to both the people of India and Indians residing abroad to bring people back to the country during the unprecedented times Part IV discusses the responses of various states of India to the COVID 19 pandemic and the implementation of policies by the government of India during those times Based on empirical research work this book will be useful for students teachers researchers behavioral scientists and practitioners of psychology sociology human geography mental health political science public health and public policy This book will also be of interest to policymakers and the general public to understand the intricacies involved and the essential propositions with regard to pandemics Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Psychologists Magazine March 2022 issue Arvind Otta, 2022-03-05 Psychologs is a Mental Health Magazine that offers a wide range of awareness and knowledge about Mental health published by Utsaah Psychological Services Reliable authentic source of expert advice from renowned Mental Health professionals in India **Psychologs Magazine March 2022** Arvind Otta, Gopa Bhardwaj, C.R. Mukundan, 2022-03-01 Psychologs a magazine produced by Utsaah Psychological Services stands as a venerable and authoritative publication within the field of mental health Its pages are a treasure trove of insights and knowledge regarding mental well being Over the years it has cemented its reputation as a reliable source for expert guidance boasting contributions from esteemed mental health professionals across India Differences in Levels of Evaluation and Verbal Reinforcement Chosen by Communication Apprehensives Charles R. McMahan, 1988 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1989 **Allen's Indian mail and register of intelligence for British and foreign India**, 1877 **Psychology and Gender** Sadhana Avinash Natu, 2023-10-27 This book provides an understanding of how psychology and gender are closely interrelated It examines critiques and debunks some of the theoretical premises from mainstream psychology while remaining mindful and respectful of their utilities The book brings

together psychological concepts theories and paradigms and examines how they interplay with gender studies going beyond the typical understanding of gender as merely demographic variable The volume discusses important concepts such as gender role development and interpersonal relationships across caste class genders sexualities race and region It also studies the significant link between psychology and gender and with feminism women s studies the women s movement the queer movement queer studies as well as other social movements It uses an interdisciplinary and multidisciplinary approach all through This book will appeal to students researchers and teachers of psychology applied psychology gender and women studies sociology practitioners activists those working in not for profit organizations and those working specifically on engendering psychology The book will also be valuable reading for those interested in South Asian studies and other interdisciplinary courses in social sciences     *Business India* ,1988-03     **All Out!** Albert Ellis,Debbie Joffe Ellis,2010

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