



# The Art & Science of Rational Eating

*Albert Ellis PhD*

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## **The Art & Science of Rational Eating** Albert Ellis PhD

This is the first book to systematically explore the biological psychological causes of eating disorders and how to control them using the principles of rational emotive therapy (RET) and cognitive-behavior therapy (CBT).

The Art and Science of Rational Eating teaches RET principles of unconditional self- acceptance; how to always accept and endorse oneself--even when some eating or other behaviors are self-defeating. This is the path toward successful self-control and weight control.

Albert Ellis, Ph. D., the originator of RET and CBT, has worked closely with associates Micheal Abrams, Ph. D., and Lidia Dengelegi, Ph. D., to develop this unusual self-help book devoted especially to eating disorders. It is a needed self-help book for those suffering from bulimia and anorexia.

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