



## Three Minute Therapy: Change Your Thinking, Change Your Life

By Michael R. Edelstein, David Ramsay Steele



**Three Minute Therapy: Change Your Thinking, Change Your Life** By Michael R. Edelstein, David Ramsay Steele

*Three Minute Therapy* can help to change your life for the better. You will find yourself looking at life in a different way. Your emotional troubles will seem less mysterious and less powerful. If you take the trouble to learn the techniques explained in *Three Minute Therapy*, think about them, and apply them to your problems, you will be able to tackle difficulties that may have seemed impossible. Some of your worst fears and anxieties can diminish or dissolve away, and you will become more effective at pursuing your chosen life goals. The techniques used in *Three Minute Therapy* show you, clearly and simply, how you needlessly upset yourself, and it gives you many thinking, feeling, and action methods of reducing your disturbances while still retaining your main goals, values, and preferences. *Three Minute Therapy* can add years of healthier and happier living to your life.

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### **Editorial Review**

#### Review

"Of all the books that explain [Rational Emotive Behavior Therapy] in simple, clear, and highly usable form, Three Minute Therapy is one of the very Best." -- *Albert Ellis, Ph.D. President, Albert Ellis Institute for Rational Emotive Behavior Therapy*

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With a series of incisive insights Michael Edelstein cuts through the psychological jargon and makes clear how all of us can effect powerful changes in our psyches, in our lives and in the lives of our loved ones. -- *Martin Blinder, Assistant Clinical Professor of Psychiatry and Past Adjunct Professor of Law, University of California, San Francisco*

#### About the Author

Dr. Michael R. Edelstein is a clinical psychologist in private practice in San Francisco and a Fellow and Supervisory Faculty member of the Albert Ellis Institute. He has lectured nationally and internationally, has appeared on numerous radio and TV shows, and has written extensively for professional journals.

Dr. David Ramsay Steele is the Editorial Director of Open Court Publishing Company. His articles have appeared in a wide range of publications.

### **Users Review**

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