



# Personality Theories: Critical Perspectives

*Albert Ellis, Mike Abrams, Lidia Dengelegi Abrams*

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**Personality Theories: Critical Perspectives** is the groundbreaking, final text written by Albert Ellis, long considered the founder of cognitive behavioral therapies. The book provides students with supporting and contradictory evidence for the development of personality theories through time. Without condemning the founding theorists who came before him, Ellis builds on more than a century of psychological research to re-examine the theories of Freud, Jung, and Adler while taking an equally critical look at modern, research-based theories, including his own.

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