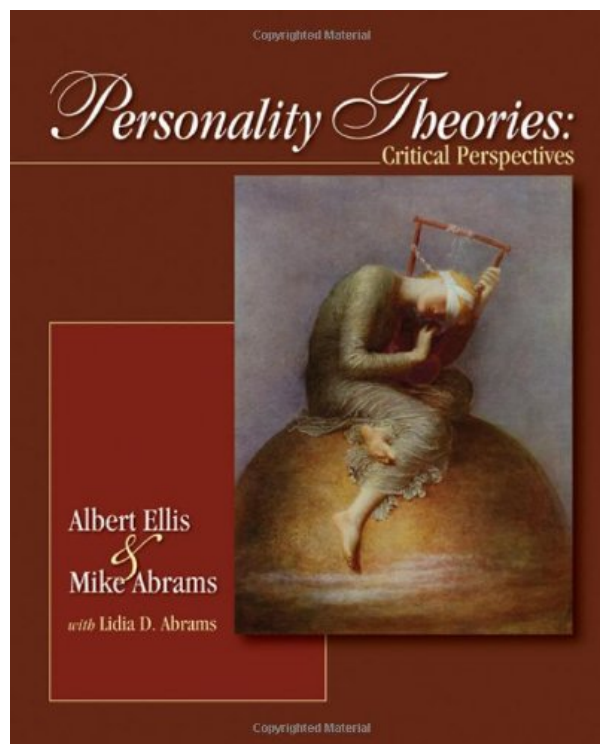


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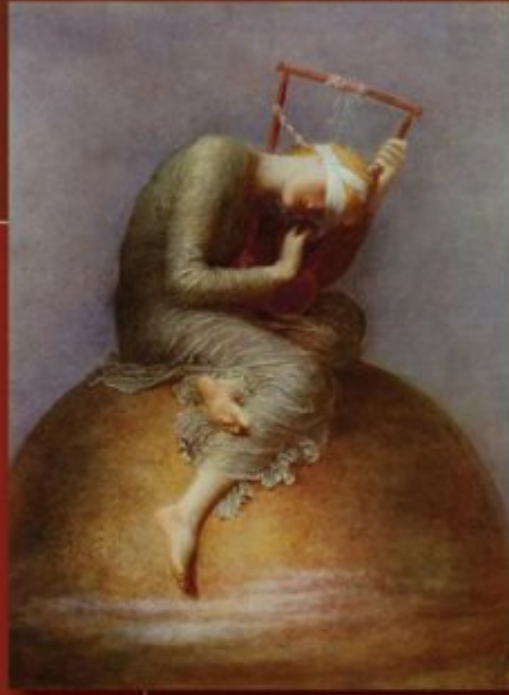


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# *Personality Theories:* Critical Perspectives



Albert Ellis  
&  
Mike Abrams  
*with Lidia D. 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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I have used many texts to teach psychotherapy and personality theory. This text is one of the best in terms of a comprehensive view of a range of theories seldom covered by other texts. It is clearly written, provides a strong instructional structure, and includes psychopathology. It's primary failure is the absence of theories pertaining to people of color and the absence of any mention of feminist theory or queer theory. The instructional vignettes are great. Overall, this is a great text.

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