



You and Your Emotions

By Jr., M.D. Maxie C. Maultsby, M.A. Allie Hendricks

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This illustrated handbook gives you everyday examples of how emotionally naive teenagers and their peers themselves (AND NOT their innocent parents), cause much of their own emotionally miserable experiences. That fact makes this book an excellent aid for helping emotionally upset teenagers quickly discover that important emotional fact for themselves. At the same time the teenagers begin to see both how emotional feelings really work AND how they can control their feelings much more to their satisfaction, regardless of what their parents do or don't do. That self-discovery by teenagers stops their unfair blaming of parents, teachers and other authority figures for the negative feelings that they, the teenagers themselves, create with their own unsuspected, but all powerful negative beliefs and attitudes. Only when teenagers see those facts for themselves, can loving, concerned parents EASILY help them become the successful PLUS emotionally and spiritually satisfied adults everyone wants them to be and they deserve to be.

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Editorial Review

About the Author

Dr. Maxie C. Maultsby Jr. is a most unusual psychiatrist; he is a normal people psychiatrist. That means he is a fully trained, board certified psychiatrist, but by choice he works mainly with normal but excessively unhappy or unsuccessful people. Yet, because they are normal, i.e. possess brains that are free of significant malfunctions, Dr. Maultsby's patients and readers of his books want and are mentally capable of achieving as much personal success, plus emotional and spiritual satisfaction, for which they are willing to work.

Normal people's psychiatrists practice the Cognitive-Behavioral psychotherapy and counseling. Dr. Maultsby has had 30 plus years of clinical experience in professional training, research and clinical practice using this treatment method. He completed training in both child and adult psychiatry. He now is a Medical College Professor at Howard University and the author of the only comprehensive, short-term Cognitive-Behavioral psychotherapy and counseling method, called Rational Behavior Therapy, which produces long-term results. Rational Behavior Therapy, Dr. Maultsby's book by the same name, clearly demonstrates this now well established medical fact: "Much, if not most, anxiety and the other negative human emotions in normal people are unsuspectedly and therefore naively created by those entirely sane, intelligent people themselves".

His well know research and effective training and treatment methods have made Dr. Maultsby an internationally recognized expert on scientific, yet practical concepts and techniques of healthy human conflict resolution. His self-help books are used by mental health professionals in every area of personal and inter personal conflict resolutions as well as for corporate management development and change management. Larry Wilson's popular best seller: Play to Win, is admittedly based in large part on Dr. Maultsby's work on the scientific principles and habits of normal people. Dr. Maultsby is truly the quintessential international expert on efficiently effective personal and organizational development and self-management.

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