

The Road to  
**TOLERANCE**

*The Philosophy of*  
**RATIONAL EMOTIVE  
BEHAVIOR THERAPY**

ALBERT  
**ELLIS**

# Contents

Acknowledgments	9
Preface	11
1. Philosophic Foundations of Rational Emotive Behavior Therapy (REBT)	17
2. Core Philosophies That People Use to Disturb Themselves and That They Can Radically Change	91
3. Attempts to Take a Middle Road between Empirical Science and Spiritual and Religious Philosophies	99
4. Does Faith Actually Help Believers in Religious and Spiritual Philosophies to Improve Their Mental Health?	105
5. Using Rational Emotive Behavior Therapy with People Who Believe in Religion	111

## | The Road to TOLERANCE

6. The Dangers of Extreme, Absolutistic, and Fanatical Religious and Spiritual Philosophies	125
7. My Prejudices about Encouraging Religious Philosophies and Practices	135
8. Zen Buddhism and Rational Emotive Behavior Therapy	145
9. The Social Philosophy of Rational Emotive Behavior Therapy	169
10. The Political and Economic Philosophy of Rational Emotive Behavior Therapy	181
11. A Consideration of "Rational" and "Irrational" Spirituality	195
Conclusion	209
Appendix A: Intellectual Fascism	213
Appendix B: REBT Diminishes Much of the Human Ego	229
Selected References	249
About the Author	257
Index	259