



# **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series)**

*Russ Harris*

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Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well-aware of the challenges and frustrations that can present during therapy.

If you are looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and myriad other psychological issues that focuses on mindfulness, client values, and a commitment to change. It's also a revolutionary new way to view the human condition, packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change.

A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome 'therapy roadblocks.'

This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for both you, the therapist, and your clients.

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effort to place every word into pleasure arrangement in writing ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) although doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be one of it. This great information could drawn you into fresh stage of crucial imagining.

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