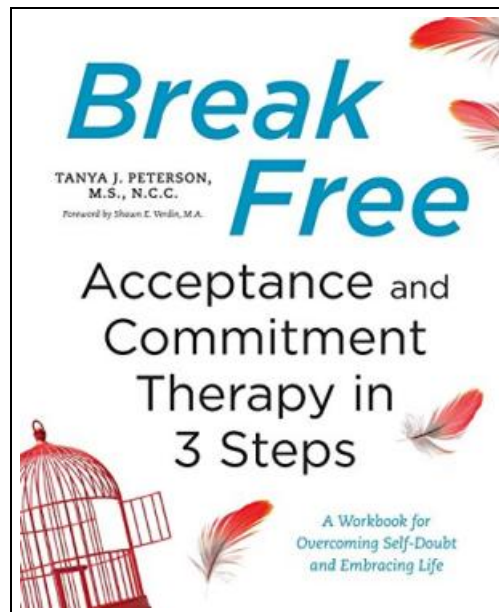


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Althea Press, United States, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book. If you want to do more in your life than tread water, run from problems, and just exist--let the simple, accessible tools provided in Acceptance and Commitment Therapy in 3 Steps show you how living a meaningful, purposeful life is as simple as A - C - T. I've tried self-help books, but they didn't help me feel happy. I've made progress in the past, but it didn't last. I try to get rid of the negative stuff my mind comes up with, and I'm tired of having my efforts fail. If you relate to any of these common experiences, Acceptance and Commitment Therapy, also referred to as ACT, may significantly improve the quality and direction of your life. The Mayo Clinic and National Institute of Mental Health have recognized Acceptance and Commitment Therapy as an effective mode of therapy for working through particularly stubborn or troubling emotional difficulties. Certified counselor Tanya J. Peterson applies the principles of Acceptance and Commitment Therapy with her clients who feel emotionally stuck. She has also used ACT personally to work through a personal tragedy that left her struggling with residual limitations. Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life is both a complete resource for understanding ACT and a collection of exercises to help you apply the principles of ACT in your own life. This book is an accessible, every-person's guide for building your personal set of practical ACT skills and moving towards a life lived in harmony with your personal values. ACT 101 - This easy-to-use book begins with examples of Acceptance and Commitment Therapy in practice, then pairs the main pathologies and principles...

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