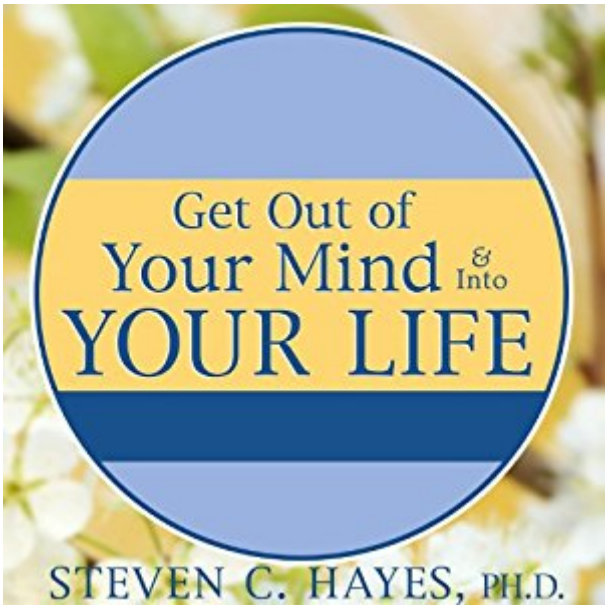
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Get Out Of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy



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Synopsis

Get Out of Your Mind and Into Your Life introduces Acceptance and Commitment Therapy (ACT), a new approach to psychotherapy that reevaluates our most basic assumptions about mental health, and details how ACT can help you to embrace life and everything it has to offer.

Book Information

Audible Audio Edition
Listening Length: 10 hoursÃ Â andÃ Â 23 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Tantor Audio
Audible.com Release Date: December 5, 2011
Whispersync for Voice: Ready
Language: English
ASIN: B006IKNRVU

Customer Reviews

Totally redoing the review because so much has changed since I wrote this one a few years ago. I still leave it at four stars. Why? The content can be very confusing at times. There are a LOT of metaphors that are used in the book. It would be best to have a therapist help with some of the metaphors. At first, it was very hard for me to understand the chess board metaphor and your head is the chess board. There is also the metaphor of riding the bus, taking your brain for a walk, and others. Some were a lot easier for me to understand than others.The nice thing about ACT, is that it doesn’t say that something is wrong with you. Instead, it embraces on the Buddhism principle that suffering is inevitable. It engages mindfulness, noticing the moment and not acting on it. The metaphor of riding on the bus is a lot easier for people to understand. But taking the brain on a walk is a good one too.In the end, I think this book is really good. It would best be utilized with a therapist present. Despite it being a self-help book, there will be some confusion about the topics and what the author meant.

Excellent way to get started with a mindfulness/meditation practice, especially if you are scientifically minded or purely pragmatic, with no patience for the religious trappings in which mindfulness is often wrapped with. Lots of excellent and very effective exercises are included in the book, and it is written very clearly and convincingly.

Great stuff in here. It combines the techniques with the why -- based on research of how the mind works. It’s a workbook so ... the exercises are needed to understand the material. I’m working with a PhD candidate from Rutgers with this -- we were doing CBT/ERP for panic disorder and depression was interfering with my compliance to the therapy (I wasn’t doing the exposures) so.... he switched yo this to first address that. I found chapter 7’s ’3 senses of self’ to be difficult to understand -- my psychologist (PhD candidate) helped.I also found that I needed to get more info on the web about the term, ’cognitive fusion’, because it wasn’t clear to me from the book. My psychologist selected this book so ... it could be just me.

I had a much better time reading The Confidence Gap and The Happiness Trap, which are also ACT books, than I did this one. It was not very well thought out or well done. The information is invaluable, but it’s not given in a way that is realistically digestible. This book needs a complete reworking with someone more interested in getting the reader involved in a realistic way.

This is a wonderful book/workbook for people who are chronically anxious and/or depressed. It give "tools" for living in the moment, not the past or not the future. Besides having very beneficial ideas to help you live with anxiety/depression, the book has activities on which to work. Some of the activities are brief. Some take a week to complete. If you or a loved one has tried meds and counseling to help these conditions, and those things haven’t worked, please ask them to try this book. I found it beneficial.

The title makes this book sound like yet another "feel better" style self-help narrative, but I was pleasantly surprised. Dr. Hayes wrote this more as a workbook that allows the reader to better highlight negative impacts of anxiety, pain, or anger and then retrain the brain. His teaching style is rather effective; and clearly he wants his reader to engage with their own story in place of superimposing his theory as absolute truth. He doesn’t spend pages of introduction grandstanding with false modesty, but delves right into the subject. He doesn’t drone on about the efficacy of the therapy, or waste half the content seeking to convince us (the reader) of some newfound truth. Instead he presents a finding, explains how our brains process that information, and provides examples until we can apply it with our own inputs. For a man that was integral to the foundation of this modality of Cognitive Behavior Therapy, is a leader of his field, and wrote a book (this one) that once overtook Harry Potter on the Best Seller’s list, it is refreshing to have his focus on the subject

at hand in place of himself. If you've read self-help books by many of the talk circuit gurus, this writer will stand in sharp contrast.A joke about Psychologists says that if you go to them with one problem, you'll leave with two. The author demonstrates that often the echoes of negative stimuli carry through and have an even greater impact on how we live our lives. While he might show you the man behind the green curtain he also teaches us to understand those brain pathways, and how to redirect them to a more positive outcome. Whether you were recommended to buy this book, or it is "homework" from your Counselor or Therapist, you will gain far more value from these pages than the price you paid.

I highly recommend this book for anyone who is interested in overcoming their own internal struggles or who wishes to help others with their struggles. ACT adds some important elements to Cognitive Behavioral Therapy, adding to our knowledge and perspective in dealing with internal issues. The use of metaphors is effective. So are the sections that break down and focus on the different aspects of this therapy technique, including acceptance (willingness), mindfulness, and valued action. As a mental health worker I am excited to utilize this technique (and have some here and there already) and was able to benefit from it myself. After all for those of us that work in the mental health field, it often seems to be the case that it is our own struggles and growth that lead us in this direction.

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