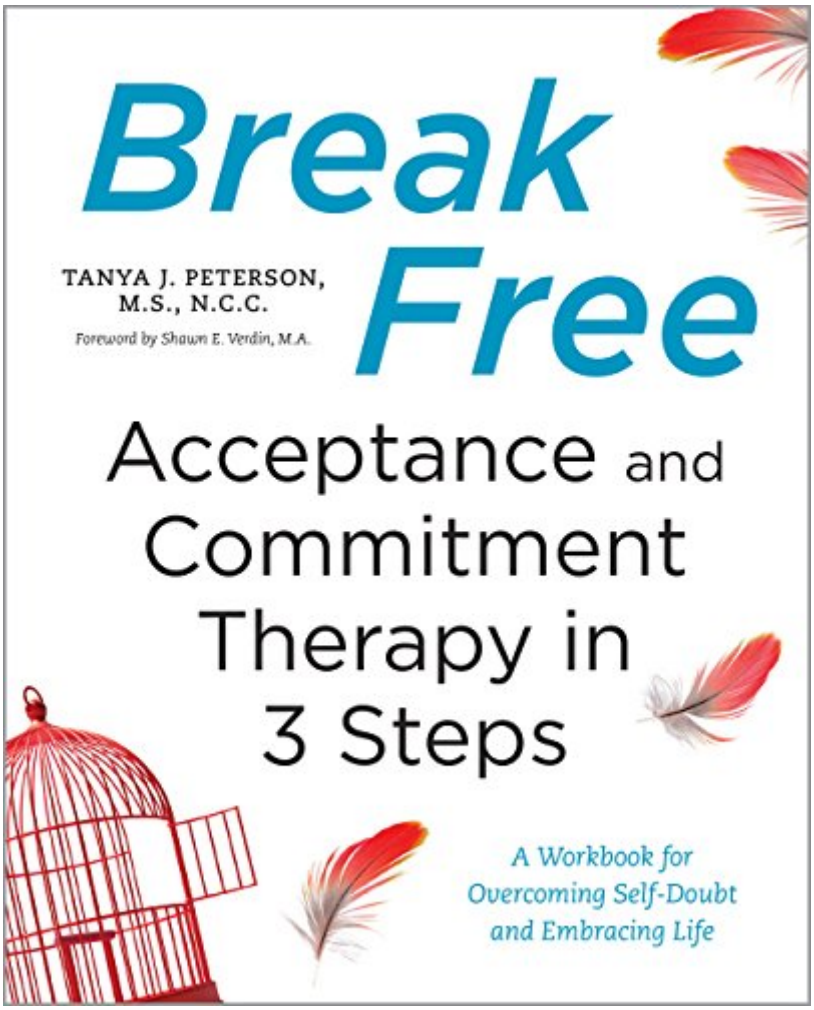
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Break Free: Acceptance And Commitment Therapy In 3 Steps: A Workbook For Overcoming Self-Doubt And Embracing Life



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Synopsis

If you want to do more in your life than tread water, run from problems, and just existÃ¢â ¬â •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. IÃ¢â ¬â„¢ve tried self-help books, but they didnÃ¢â ¬â„¢t help me feel happyÃ¢â ¬Â¦ IÃ¢â ¬â„¢ve made progress in the past, but it didnÃ¢â ¬â„¢t lastÃ¢â ¬Â¦ I try to get rid of the negative stuff my mind comes up with, and IÃ¢â ¬â„¢m tired of having my efforts failÃ¢â ¬Â¦ 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-personÃ¢â ¬â„¢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 Ã¢â ¬â œ This easy-to-use book begins with examples of Acceptance and Commitment Therapy in practice, then pairs the main pathologies and principles into 3 steps, and finally, explores each of them in 3 step-specific chapters. The six pathologies of Acceptance and Commitment Therapy include: Fusion, Avoidance, Lost Values, Attachment to Self, Uncertain Values, and Unworkable Action. PRACTICE MAKES PROGESS Ã¢â ¬â œ Guided writing exercise and visualizations can be done once, or multiple times as you move through various life challenges by applying Acceptance and Commitment Therapy. LIVE IN THE MOMENT Ã¢â ¬â œ Mindfulness practice plays a big role in Acceptance and Commitment Therapy. Learn how to connect to the present moment and stay in that moment to disentangle yourself from the confusing web of thoughts and emotions, and get in touch with whatÃ¢â ¬â„¢s going on around you. With this accessible guide and workbook for everyday life, you will quickly and easily learn and apply ACT, without all the theoretical assumptions and jargon. By choosing Acceptance and Commitment Therapy in 3 Steps youÃ¢â ¬â„¢re on the path to a mindful, high-quality life.

Book Information

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Customer Reviews

Highly recommend ACT and this workbook gives you an excellent working experience of the process.

Very good book to help clients learn to do ACT.

Break Free lays out an easily understood blueprint for gaining perspective on what’s important to you. It follows through by showing you how to specific strategies for living your life on purpose.

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Pretty excellent selection. Really helps you over come some self doubt/ confidence issues. Can improve yourself to help you accept yourself and others better. Tells you about accepting what is out

of your control. Choose what you can do about your own life (Which is where committing comes from as in this book, at least I think). Wonderful knowledge gets learned in this book. Love this book, very nice letter size (makes for easy to read experience. Lots of detailed information. Has a handy check list to see if this book is even for you in the first place. If it is, you get introduced into what this book is about, more about the author and experiences. Introduced the A-C-T plan she has for getting better. Wonderfully written and well thought out. Love this book, will be finishing and using in the days to come. Just Wonderful! Handy workbook, you have room to make notes, exercises to practice, detailed skills to learn. Honestly should give this to every 14 year old to give them a leg up in learning how to be better from the beginning and help them be calmer about the rocky waters ahead. Cause life, it gets hard. Humans do not know how to always handle it, in a positive way. This can help you from getting too stressed out and to stop worrying about others too much. Change what you can, leave what you can't change.

I don't always read self-help books but this one sounded very interesting to me as it teaches you how to accept you can't control everything, you can choose values that drive your life that you want to live by in a lets you take action on moving in that direction that you value. I know am not the only one in my life that suffers from depression and I'm so tired of living a life with negativity and unpleasant thoughts and feelings so I'm going to be used in this book a lot to help me. I can see this book being used by a social worker or counselor to help their clients as well. It is definitely a read for anybody.I got this for free in exchange for product review this is solely my own opinion which might be different than your own. I was in no way compensated or swayed to give a negative or positive review.

I genuinely love this book. As far as self help goes, it's very important to me that the books I check out involve tested psychology. This book is a great example of exactly that. The ACT method is new to me, but I liked the way it helped me work through issues I was stuck on or had avoided.I received a copy for free from the publisher. My review is my own.

The book is a self-study / self-help to overcome personal issues whether it be acceptance or self esteem. I've only had it for sbout 3 weeks now, but taking my time to really put it to work. You'll be surprised at how the book related even when at first I asked myself whether I really need it? I think I will be a better person in the end, at least to myself and my mind. So far I highly recommend this book. Very easy/enjoyable read. I like the style of writing.

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