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The Struggle Switch - By Dr. Russ Harris
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Metaphors for the Mind (ACT Defusion technique)**Act Made Simple An Easy**

A practical 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.

Amazon.com: ACT Made Simple (An Easy-to-Read Primer on ...

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) Paperback - November 1, 2009. by Dr. Russ Harris (Author), Steven C.

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ACT Made Simple is one of many necessary books for both novice and advanced ACT oriented therapists to have on their bookshelf. It is tailored towards clinicians, not the lay public, and offers countless resources, techniques, theory, and ways to incorporate ACT into your clinical tool belt.

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Citation: ACT made simple: an easy-to-read primer on ...

ACT made simple : an easy-to-read primer on acceptance and commitment therapy / Russ Harris ; foreword by Steven C. Hayes. p. cm. Includes bibliographical references and index.

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*ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT.

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ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) Published May 1st 2019 by New Harbinger Publications Spiral-bound, 392 pages Author(s): Russ Harris, Steven C. Hayes (Foreword) ISBN: 1974807193 ...

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TEXAS PUBLIC INFORMATION ACT LAWS MADE EASY

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