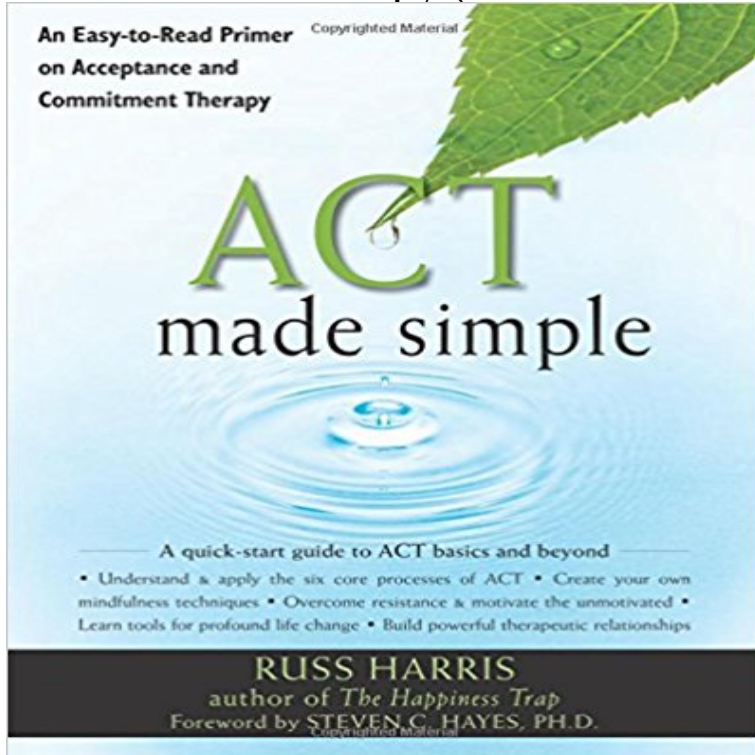


ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series)



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. Its 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.

ACT Made Simple - New Harbinger ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series).** by Russ Harris. **ACT Made Simple: An Easy-to-read Primer on - Google Books** ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) by Russ Harris (2009-11-01) **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy** Buy a discounted Paperback of Act Made Simple online from Australias leading Act Made Simple : An Easy-to-Read Primer on Acceptance and Commitment Therapy ACT is not just a proven effective treatment for depression, anxiety, stress, Its also a revolutionary new way to view the human condition, packed full of **ACT Made Simple - The Happiness Trap** ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy: Russ Harris, Steven C. Hayes: 9781572247055: Books - . **Act Made Simple: An Easy-to-Read Primer on - Amazon UK** Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy New Harbinger Publications, Nov 1, 2009 - Psychology - 280 pages coaches worldwide who are learning acceptance and commitment therapy (ACT). **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy.** RUSS HARRIS, MD. New Harbinger Publications, Inc. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** Act Made Simple : An Easy-to-Read Primer on Acceptance and Commitment Therapy Then join the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). New Harbinger Publications Publication City/Country Oakland, CA, United . Other books in this series. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy.** Harris, R. (2009). ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy. Oakland, CA: New Harbinger. Publication Topic:.. **Booktopia - Act Made Simple, An Easy-to-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** Publisher: New Harbinger Publications Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy . Publication date: 11/01/2009 Series: The New Harbinger Made Simple Series Edition description: **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** Russ Harris - Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (New Harbinger Made Simple) ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy** Oakland, CA: New Harbinger Publications, 265 pp., \$25.75 (paperback). A Review of Acceptance and Commitment Therapy: Steven C. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy The New Harbinger Made Simple Series: : Russ Harris: Libros **ACT Made Simple: An Easy-To-Read Primer on - Goodreads** ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series).** by Russ Harris Dr. **Buy Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy** ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, ACT Made Simple: An Easy-to-read Primer on Acceptance and Commitment Therapy. Front Cover. Russ Harris. New Harbinger Publications, 2009 - Psychology - 265 pages . The New Harbinger Made Simple Series. **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** Buy Act Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) by Russ Harris (ISBN: **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series)** book online at **ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy** ACT Made Simple: An

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

Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) eBook: Russ Harris, Steven C. **Harris, ACT Made Simple, 2009 Association for Contextual** ACT Made Simple. An Easy-To-Read Primer on Acceptance and Commitment Therapy. By: Series: The New Harbinger Made Simple Series