

Break Free Acceptance Commitment Overcoming

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Summary:

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Break Free: Acceptance and Commitment Therapy in 3 Steps ... 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-personâ€™s guide for building your personal set of practical ACT skills. How to Break Free from Mental Captivity - Part One ... Acceptance and Commitment Therapy: Cognitive Defusion Acceptance and Commitment Therapy (ACT) principles reinforce the basic concept that you are not your thoughts . If you pause to notice the thoughts going through your mind right now, you may observe yourself reading and taking in the words on this page.