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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: An Easy-To-Read Primer on Acceptance** and ...

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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