



# Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change

*Steven C. Hayes PhD, Kirk D. Strosahl PhD, Kelly G. Wilson PhD*

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Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout.

## New to This Edition

- \*Reflects tremendous advances in ACT clinical applications, theory building, and research.
- \*Psychological flexibility is now the central organizing focus.
- \*Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation.
- \*Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

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Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

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