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The Little Act Workbook

The Little ACT Workbook by Michael Sinclair and Matthew Beadman is an excellent introduction to how Acceptance and Commitment Therapy (ACT) can help you to pursue a life of meaning and purpose. The authors have brilliantly distilled the essence of ACT, drawing upon the most up-to-date science that underpins this new approach to cognitive behavioural therapy.

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The Little ACT Workbook: Sinclair, Dr Michael, Beadman, Dr ...

Acceptance and Commitment Therapy (ACT) is a From one of the co-authors of the Little CBT Workbook , The Little ACT Workbook is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better.

The Little ACT Workbook by Michael Sinclair

The Little ACT Workbook is An Introduction to Acceptance & Commitment Therapy (ACT). One of the clearest and best-written presentations of ACT I ' ve seen. Highly recommended. Steven C. Hayes, co-developer of ACT and author of Get Out of Your Mind and Into Your Life. Listen to or download the interview below.

Episode 10 The Little ACT Workbook

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