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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.

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unfamiliar with psychological lingo, ACT Made Simple is a must. Russ Harris has succeeded in the challenge of translating difficult psychological concepts embedded in ACT into plain, colorful, diverse language that anyone working clinically will understand. Each section is simply organized, easy to follow, and user-friendly.

ACT Made Simple - Actmindfully

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"ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT. Russ Harris explains ACT concepts in a style that is both engaging and straightforward. His advice on overcoming therapy roadblocks is invaluable and will be useful to both novice and experienced ACT practitioners."

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Page 2. ACT made simple How To Use This E-book Free Study Group On Facebook How To Join The Free Study Group ACT Made Simple: The Extra Bits In the 2nd edition of ACT Made Simple, you'll find an "extra bits" textbox near the end of most chapters.

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Centre for Citizens with Disabilities (CCD), a Non-Governmental Organisation (NGO), has urged the Independent National Electoral Commission (INEC), to make voting easy for Persons with Disabilities (PWDs), in the forthcoming Edo governorship polls. Mr David Anyaele, the Executive Director of the ...

Edo Poll: INEC to Make Voting Process Easy for PWDs

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ACT Made Simple - Acceptance & Commitment Therapy for ...

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