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A practical 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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ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) Paperback \u2013 November 1, 2009. by Dr. Russ Harris (Author), Steven C.

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Citation: ACT made simple: an easy-to-read primer on ...

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 Commitment Therapy (The New Harbinger Made Simple Series) Published May 1st 2019 by New Harbinger Publications Spiral-bound, 392 pages Author(s): Russ Harris, Steven C. Hayes (Foreword) ISBN: 1974807193 ...

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