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   Sommario/riassunto The ancient wisdom of yoga meets the evidence-based effectiveness of
                      acceptance and commitment therapy (ACT) in this breakthrough
                      professional guide for both yoga instructors and ACT clinicians.Mindful
                      yoga-based acceptance and commitment therapy (MYACT) is a holistic
                      mind-body program that integrates psychology, yoga, and behavior
                      change. In Mindful Yoga-Based Acceptance and Commitment Therapy,
                      a psychologist, social worker, and yoga instructor team up to offer
                      comprehensive training in MYACT. Using the holistic therapy outlined
                      in this manual, clinicians and yoga instructors alike will discover ways
                      to guide clients toward emotional balance and wellness, with the
                      perspective that healing suffering requires treating both the body and
                      the mind.This unique book offers proven-effective interventions
                      informed by the model of psychological flexibility—the foundational
                      underpinning of modern third-wave cognitive behavioral therapies.
                      Mental health professionals who are interested in yoga, mindfulness,
                      and holistic approaches to health will rejoice in this evidence-based
                      program, while yoga instructors who wish to incorporate well-

researched health care interventions into their yoga practice and teaching will also celebrate this much-needed resource.Whether you are new to yoga or ACT or both, or have a long history with either, this book will provide you with the tools and foundational understanding needed to bring this practice into the scope of yours