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Nota di contenuto	<p>""A Note to eBook Readers""; ""Contents""; ""Acknowledgments and Preface""; ""Foreword""; ""PART I: UNDERSTANDING ANXIETY DISORDERS""; ""1. What Is ACT?""; ""2. Overview of Anxiety Disorders""; ""3. Cognitive Behavioral Views and Treatments of Anxiety Disorders""; ""PART II: HOW ACT REFRAMES THE ANXIETY DIMENSION""; ""4. Controlling Anxiety Is the Problem, Not a Solution""; ""5. Balancing Acceptance and Change""; ""PART III: ACT TREATMENT OF ANXIETY""; ""6. Core Treatment Components and Therapist Skills""; ""7. Psychoeducation and Treatment Orientation""</p> <p>""8. Creating an Acceptance Context for Treatment""""9. Acceptance and Valued Living as Alternatives to Managing Anxiety""; ""10. Creating Flexible Patterns of Behavior Through Value-Guided Exposure""; ""11. Staying Committed to Valued Directions and Action""; ""12. Practical Challenges and Future Directions""; ""APPENDIX A: Acceptance and Action Questionnaire (AAQ-Rev 19)""; ""APPENDIX B: White Bear Suppression Inventory"";</p>
Sommario/riassunto	Acceptance and commitment therapy, or ACT (pronounced as a word

rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior thera
