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Collana	A new Harbinger self-help workbook
Altri autori (Persone)	SmithSpencer Xavier
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Sommario/riassunto	Acceptance and Commitment Therapy (ACT) is a new approach to psychotherapy that rethinks even our most basic assumptions of mental well-being. Starting with the assumption that the normal condition of human existence is suffering and struggle, ACT works by first encouraging individuals to accept their lives as they are in the here and now. This acceptance is an antidote to the problem of avoidance, which ACT views as among the greatest risk factors for unnecessary suffering and poor mental health. The process of ACT includes help for individuals to identify a set of core values, a personal set