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Sommario/riassunto	The self plays an integral role in motivation, cognition, and social identity. Many of the psychological challenges people face in the world--what career path to choose, how to maintain relationships, or how to cope with traumatic events--are fundamentally issues of self. And in therapy, a client's negative perceptions of self can become roadblocks that lead to feelings of low self-worth and stand in the way of successful treatment. So, how can you help clients shed preconceived notions of "who they are," and pave the way for positive growth and lasting change? A Contextual Behavioral Guide to the Self translates this complex yet critically important phenomenon into easy-to-apply steps and user-friendly language. With this unique road map, you'll learn to apply the theory of the self in everyday practice, and help clients develop empathy, compassion, and flexible perspective taking. Whether you practice acceptance and commitment therapy (ACT) or

other contextual behavioral treatment methods, this book will help you
troubleshoot problems of the self in session--leading to better
treatment outcomes and better lives for clients--
