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Nota di contenuto	1. The Human Challenge -- 2. Getting Hooked -- 3. "Mindfulness" and Other Dodgy Words -- 4. Get Your Geek On -- 5. Setting Up for Success -- 6. What's the Problem? -- 7. Where Do I Start? -- 8. Creative What?! -- 9. Drop the Struggle -- 10. Dropping Anchor -- 11. Notice That Thought -- 12. Deeper into Defusion -- 13. The Defusion Smorgasbord -- 14. Barriers to Defusion -- 15. Leaves, Streams, Clouds, and Sky -- 16. "Technique Overload" and Other Perils -- 17. Being Present -- 18. Hold Yourself Kindly -- 19. Know What Matters -- 20. What If Nothing Matters? -- 21. Do What It Takes -- 22. Fifty Shades of Acceptance -- 23. Emotions as Allies -- 24. What's Stopping You? -- 25. The Noticing Self -- 26. Flexible Exposure -- 27. Cognitive Flexibility -- 28. Shame, Anger, and Other "Problem" Emotions -- 29. Flexible Relationships -- Chapter 30. I and Thou -- 31. A Quick Guide to Getting Unstuck -- 32. The ACT Therapist's Journey.
Sommario/riassunto	A practical and easy-to-use primer, ideal for newcomers and experienced professionals alike, ACT Made Simple offers clear explanations of the six core processes of acceptance and commitment therapy (ACT), and a set of real-world tips and solutions for rapidly and effectively implementing this powerful therapy into practice. This fully revised and updated second edition includes new information and chapters on self-compassion, flexible perspective taking, working with

trauma, and more.
