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Sommario/riassunto	"Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues--from depression to addiction. However, there are several challenges and frustrations that can arise when delivering ACT. Written by internationally acclaimed ACT expert Russ Harris, this book offers easy-to-read Q&A sessions to cover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth"-- Provided by publisher.