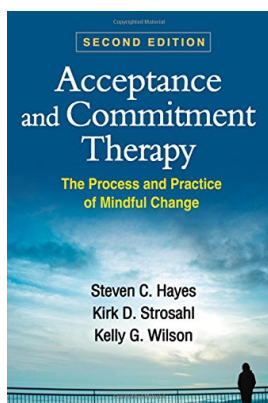


# **[PDF] Acceptance And Commitment Therapy, Second Edition: The Process And Practice Of Mindful Change**

**Steven C. Hayes PhD, Kirk D. Strosahl PhD, Kelly G. Wilson PhD - pdf download free book**

---



## **Books Details:**

Title: Acceptance and Commitment The  
Author: Steven C. Hayes PhD, Kirk D.  
Released:  
Language:  
Pages: 402  
ISBN: 1462528945  
ISBN13: 9781462528943  
ASIN: 1462528945

**[CLICK HERE FOR DOWNLOAD](#)**

---

pdf, mobi, epub, azw, kindle

## Description:

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout.

### New to This Edition

- \*Reflects tremendous advances in ACT clinical applications, theory building, and research.
  - \*Psychological flexibility is now the central organizing focus.
  - \*Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation.
  - \*Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.
- 

- Title: Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change
  - Author: Steven C. Hayes PhD, Kirk D. Strosahl PhD, Kelly G. Wilson PhD
  - Released:
  - Language:
  - Pages: 402
  - ISBN: 1462528945
  - ISBN13: 9781462528943
  - ASIN: 1462528945
-