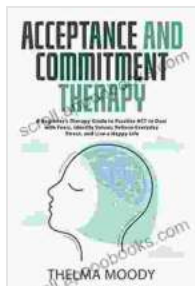


# Acceptance and Commitment Therapy: A Revolutionary Approach to Mental Health



**Acceptance and Commitment Therapy: A Beginner's Therapy Guide to Practice ACT to Deal with Fears, Identify Values, Relieve Everyday Stress, and Live a Happy Life** by Deborah Lynn Porter

★★★★★ 5 out of 5

Language : English  
File size : 6592 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 179 pages  
Lending : Enabled



## What is Acceptance and Commitment Therapy (ACT)?

Acceptance and Commitment Therapy (ACT) is a new and revolutionary approach to mental health that teaches you how to accept your thoughts and feelings and commit to the things that are important to you. This book will teach you the core principles and techniques of ACT, so you can start using them right away to improve your life.

## The Core Principles of ACT

ACT is based on six core principles:

1. **Acceptance:** Accepting your thoughts and feelings is the first step to change.
2. **Cognitive defusion:** Learning to distance yourself from your thoughts and see them as just thoughts.
3. **Being present:** Focusing on the present moment and letting go of the past and future.
4. **Self as context:** Seeing yourself as a whole person, rather than just your thoughts and feelings.
5. **Values:** Identifying what is truly important to you and living in accordance with those values.
6. **Committed action:** Taking steps to move towards your values, even when it's difficult.

## **The Benefits of ACT**

ACT has been shown to be effective in treating a wide range of mental health conditions, including:

- Anxiety
- Depression
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Chronic pain

ACT can also help you to:

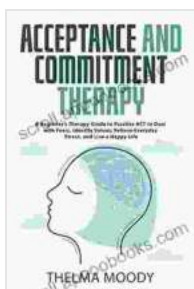
- Improve your relationships
- Increase your job satisfaction
- Live a more meaningful life

## How to Use ACT

This book will teach you the core principles and techniques of ACT, so you can start using them right away to improve your life. You will learn how to:

- Accept your thoughts and feelings
- Distance yourself from your thoughts
- Focus on the present moment
- Identify your values
- Take steps to move towards your values

Acceptance and Commitment Therapy is a powerful and effective approach to mental health that can help you to live a more fulfilling and meaningful life. This book will teach you the core principles and techniques of ACT, so you can start using them right away to improve your life.



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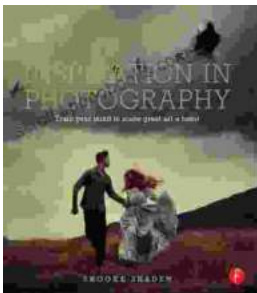
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