

Break Free Acceptance Commitment Overcoming

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Summary:

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Break Free: Acceptance and Commitment Therapy in 3 Steps ... Break Free: Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life by Tanya J. Peterson If you want to do more in your life than tread water, run from problems, and just existâ€•let the simple, accessible tools provided in Acceptance and Commitment Therapy in 3 Steps show you how living a. Break Free: Acceptance and Commitment Therapy in 3 Steps ... Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life is both a complete resource for understanding ACT and a collection of exercises to help you apply the principles of ACT in your own life. This book is an accessible, every-personâ€™s guide for building your personal set of practical ACT skills.