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My interest in Acceptance and Commitment Therapy (ACT) led me to this workbook which seems to be Neuro-Linguistic Programming (NLP) updated with the latest buzzword, mindfulness. I appreciate this read for getting me inside the mind-set of Creationists and Trump support Buddhism-lite pop-psychology for straight people.

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Buy The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free From Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy 2nd Revised ed. by Forsyth, John P., Eifert, Georg H. (ISBN: 9781626253346) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Zindel Segal, PhD, Morgan Firestone Chair in Psychotherapy, head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, and professor in the Departments of Psychiatry and Psychology, all at the University of Toronto, and author of "The Mindful Way Through Depression" The Mindfulness and Acceptance Workbook for Anxiety combines the accumulated wisdom of the ages ...

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The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy John P. Forsyth , Georg H. Eifert New Harbinger Publications , Apr 1, 2016 - Self-Help - 344 pages

The Mindfulness and Acceptance Workbook for Anxiety: A ...

Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, The Mindfulness and Acceptance Workbook for Depression includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life.

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This workbook is an excellent resource for patients and practitioners. It offers a variety of audio visualizations and mindfulness exercises. While the book is primary written for moving through depression, I found many of the chapters as a useful tool to help patients create a more positive life.

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Free Resources - Dr. John P. Forsyth

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