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unfamiliar with psychological lingo, ACT Made Simple is a must. Russ Harris has succeeded in the challenge of translating difficult psychological concepts embedded in ACT into plain, colorful, diverse language that anyone working clinically will understand. Each section is simply organized, easy to follow, and user-friendly.

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"ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT. Russ Harris explains ACT concepts in a style that is both engaging and straightforward. His advice on overcoming therapy roadblocks is invaluable and will be useful to both novice and experienced ACT practitioners."

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Edo Poll: INEC to Make Voting Process Easy for PWDs

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ACT Made Simple - Acceptance & Commitment Therapy for ...

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) Published May 1st 2019 by New Harbinger Publications Spiral-bound, 392 pages Author(s): Russ Harris, Steven C. Hayes (Foreword) ISBN: 1974807193 ...

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