

## The Big Book Of Act Metaphors A Pracioners Guide To Experiential Exercises And Metaphors In Acceptance And Commitment Therapy

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(Steven C. Hayes Co-developer of ACT and author of Get Out of Your Mind and Into Your Life)-br \>-br \>I just loved reading this book. It is so practical in its organization and written in everyday language that is easy to understand. The authors systematically teach three core ideas which are at the heart of ACT: wake up, loosen up and step up.

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