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The Big Book of ACT Metaphors: A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy. Jill A. Stoddard PhD, Niloofer Afari PhD, Steven C. Hayes PhD. Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT).

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(Steven C. Hayes Co-developer of ACT and author of Get Out of Your Mind and Into Your Life)

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The Little ACT Workbook: An Introduction to Acceptance and ...

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