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Life Liberated From  
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~~Terribly~~ ~~Wrong~~ ~~10~~ ~~Pawn~~ ~~Stars~~  
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and Troy DuFrene, authors of  
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an effective approach based  
in acceptance and commitment  
therapy (ACT) to coping with

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bereft of any kind of pain  
or strife. Anxiety and the  
unwillingness to face it is  
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it would be like to have  
anxiety and still make room  
in your new life to breathe and  
rest and live – really and  
truly live – in a way that  
matters to you.

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crack open, and miss the  
mark.

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in that place, and see what  
it would be like to have  
anxiety and still make room  
in your new life to breathe and  
rest and live really and  
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in your new life to breathe and  
rest and live - really and  
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through the mechanisms of acceptance and commitment therapy (ACT) and presents a series of thinking points and short games readers can do to easily and effectively begin to incorporate ACT techniques into their lives.

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by Kelly Wilson & Troy  
Dufrene There is something  
deeply funny about this  
book. I do not mean funny in  
these of comical, but rather  
funny in the sense of

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Life . . .

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English. By (author) Kelly

G. Wilson. Share. Whether it

manifests itself as worry,

fear, rumination, obsession,

compulsion, or shyness,

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anxiety is everywhere, and  
it causes no end of trouble  
for just about all of us.  
But at its core, anxiety  
serves an important purpose:  
to neutralize uncomfortable  
ambiguities.

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The best things in life are  
often the humble things that  
make us happy. But even the  
most conventional things can  
go horribly wrong at every

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Wrong. Failures and mistakes are the main reasons why things don't turn out quite as expected. People either try to fix the mistakes or just live by them. We often have the mentality to accept failures as it is and laugh

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Things Can Go Terribly Wrong  
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tell you this much:

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Sometimes things fall apart,  
crack open, and miss the

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mark. You can plan and strategize and keep your eye on the horizon, watching for trouble. And nothing you can do will protect you from the fact that things might, when you least expect it, go terribly, horribly wrong.



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There is no question: Things  
might, indeed, go terribly,  
horribly wrong--if they do,  
the approach this book

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offers a guide to the  
difference between anxious  
paralysis and the  
psychological space and  
flexibility to move through  
your difficulties with the  
grace we all hope to  
achieve.

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Whether it manifests itself  
as worry, fear, rumination,  
obsession, compulsion, or  
shyness, anxiety is  
everywhere, and it causes no  
end of trouble for just

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about all of us. But at its core, anxiety serves an important purpose: to neutralize uncomfortable ambiguities. This book begins with a whirlwind tour of anxiety: what causes it, what we think about it, and

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Then the book looks at some of the approaches to treating anxiety and poses an intriguing question: What if you don't need to get rid of anxiety in order to live a terrific life? Things

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Wrong approaches this  
breakaway hypothesis through  
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and commitment therapy (ACT)  
and presents a series of  
thinking points and short  
games readers can do to

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easily and effectively begin to incorporate ACT techniques into their lives. This book is not a full-scale self-help approach for someone with serious anxiety problems, but an easy way for readers who have

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wrestled with worry, fear,  
and shyness to put those  
feelings into perspective  
and focus instead on what  
they want to do in life.

This book will help readers  
foster the flexibility they  
need to keep from succumbing



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anxiety and open themselves  
to the often uncomfortable  
complexities and  
possibilities of life.

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strategize and keep your eye  
on the horizon, watching for  
trouble. And nothing you can  
do will protect you from the  
fact that things might, when

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terribly, horribly wrong. If  
you're anxious about this,  
it's not like you don't have  
a reason. If you're very  
anxious about this, you're  
certainly not alone. In  
fact, even if your whole

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life feels like it's about anxiety, your story is a lot more common than you might imagine. If you could just get your anxiety to go away, you could get on with the business of living your life, right? Well, maybe -

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need to go away in order for  
you to live your life fully,  
vitality, with richness and  
purpose? This book  
approaches the problem of  
anxiety a little differently  
than most. Instead of trying

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to help you overcome or  
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climb inside these feelings,  
sit in that place, and see  
what it would be like to  
have anxiety and still make

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Wrong in your life to breathe  
and rest and live – really  
and truly live – in a way  
that matters to you.

Although it's grounded in a  
research-supported form of  
psychotherapy called  
acceptance and commitment

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therapy, also known as ACT,  
Things isn't especially  
technical or stepwise.

Rather, the book starts a  
conversation about why we  
all sometimes feel anxious  
and what role that anxiety  
serves in our lives. It



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connects the experience of anxiety to the essential experience of human suffering. And then, in sometimes unexpected ways, Things explores some basic ways of being in the world that can change the role

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you're anxious about this,  
it's not like you don't have  
a reason. If you're very  
anxious about this, you're  
certainly not alone. In  
fact, even if your whole  
life feels like it's about  
anxiety, your story is a lot

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more common than you might  
imagine. If you could just  
get your anxiety to go away,  
you could get on with the  
business of living your  
life, right? Well, maybe-or  
maybe not. Does anxiety need  
to go away in order for you

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to live your life fully,  
vitality, with richness and  
purpose? This book  
approaches the problem of  
anxiety a little differently  
than most. Instead of trying  
help you overcome or reduce  
feelings of anxiety, Things



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it would be like to have  
anxiety and still make room  
in your life to breathe and  
rest and live-really and

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truly live-in a way that matters to you. Although it's grounded in a research-supported form of psychotherapy called acceptance and commitment therapy, also known as ACT, Things isn't especially

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Rather, the book starts a conversation about why we all sometimes feel anxious and what role that anxiety serves in our lives. It connects the experience of anxiety to the essential

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experience of human suffering. And then, in sometimes unexpected ways, Things explores some basic ways of being in the world that can change the role anxiety plays in your life. This book has been awarded

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incorporate scientifically  
tested strategies for  
overcoming mental health  
difficulties. Used alone or  
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our books offer powerful  
tools readers can use to  
jump-start changes in their

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accept the things I can't  
change, The courage to  
change the things I can, And  
the wisdom to know the  
difference. Maybe you've

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Just started on the road to recovering from addiction. Or you've tried to stop abusing alcohol or drugs before, but haven't been successful. Perhaps you're making progress in a support group or 12-step program,



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but want to add an approach grounded in science. No matter how far you've come, how far you still have left to go, or which path you've chosen, this book can help you end your struggle with addiction. The Wisdom to

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Know the Difference is an addiction recovery workbook based in acceptance and commitment therapy, or ACT. Research shows that ACT is a powerful treatment for alcoholism, drug addiction, depression, and other

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serenity, courage, and  
wisdom it takes to leave  
substance abuse behind for  
good.

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I'm never going to finish  
this project on time. This  
is hopeless; everything's

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going wrong. Why do I try to do everything at once? A busy life is full of stressful situations — that's a given. But that doesn't mean there is nothing you can do. Your thoughts can actually affect

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the way your brain processes stress, for better or worse. Most of the time, our brains compound the problem, adding thoughts of self-doubt and frustration to already difficult situations. Stress Less, Live More presents a

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program based in acceptance  
and commitment therapy (ACT)  
that can help you train your  
brain to react to stress in  
a different way. With the  
mindfulness and acceptance  
techniques in this book,  
you'll clear out mental



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clutter, enhance your focus,  
and concentrate on the  
present moment, so that you  
can channel your energy into  
what matters most to you.

It's that simple. Learn to  
mindfully accept what can't  
be changed Find peace and

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moment Practice relaxation  
skills you can use to calm  
yourself in a crisis Make  
time for yourself by  
asserting your right to say  
'no'

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You can spend years in graduate school, internship, and clinical practice. You can learn to skillfully conceptualize and structure interventions for your clients. You can have every skill and advantage as

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a therapist, but if you want to make the most of every session, both you and your client need to show up in the therapy room. Really show up. And this kind of mindful presence can be a lot harder than it sounds.

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therapy (ACT). In the book,  
author Kelly Wilson

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carefully defines  
mindfulness from an ACT  
perspective and explores its  
relationship to the six ACT  
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clarity, he explains the

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principles that anchor the  
ACT model to basic  
behavioral science. The  
latter half of the book is a  
practical guide to observing  
and fostering mindfulness in  
your clients and in yourself—  
good advice you can put to

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Wrong in your practice right  
away. Wilson, coauthor of  
the seminal Acceptance and  
Commitment Therapy, guides  
you through this sometimes-  
challenging material with  
the clarity, humor, and  
warmth for which he is known



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Let's be honest: most people are unhappy with at least some aspect of their

physical appearance. Just think of all the money we spend each year trying to improve our looks! But if

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appearance is getting in the  
way of living, maybe it's  
time to start thinking about  
body image in a completely  
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commitment therapy (ACT),

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Other Things You Hate offers  
a unique approach to  
addressing your struggle  
with body image. In this  
book, you will not be told  
that your self-perceptions  
are wrong, that your

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thoughts are irrational, or  
that your feelings are  
misguided. Instead, you will  
learn to live with the  
reality that these often  
painful thoughts and beliefs  
about yourself will arise  
from time to time, and that

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Wrong A really important is  
accepting these distressing  
thoughts without allowing  
them to dominate your life.

You know what it's like to  
constantly be checking the  
mirror, to avoid certain  
social situations where your

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body may be exposed, or to gaze longingly at a fashion model in a magazine and think, "Why can't I be her?"

But what you may not know is that people who struggle with negative body image are at an increased risk for



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depression, anxiety, eating disorders, and low self-esteem. Body image problems can even lead to major financial issues. By focusing on your appearance and little else, you are hurting yourself in more

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wrong than one. If you are ready to find a purpose in life that is more important than the pain you feel about your appearance, this book provides a truthful, powerful resource.

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UPDATED. A Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are

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making it even worse! In  
this easy-to-read, practical  
and empowering self-help  
book, Dr Russ Harries,  
reveals how millions of  
people are unwittingly  
caught in the 'The Happiness  
Trap', where the more they



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strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking

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Wrong Approach based on  
mindfulness skills. By  
clarifying your values and  
developing mindfulness (a  
technique for living fully  
in the present moment), ACT  
helps you escape the  
happiness trap and find true

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Mindfulness skills are easy  
to learn and will rapidly  
and effectively help you to  
reduce stress, enhance  
performance, manage  
emotions, improve health,  
increase vitality, and

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Generally change your life  
for the better. The book  
provides scientifically  
proven techniques to: reduce  
stress and worry; rise above  
fear, doubt and insecurity;  
handle painful thoughts and  
feelings far more

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effectively; break self-  
defeating habits; improve  
performance and find  
fulfilment in your work;  
build more satisfying  
relationships; and, create a  
rich, full and meaningful  
life.

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recent, randomized  
study—published by  
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that Present Perfect is  
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intervention. The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up

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(Wimberley, Mintz, & Suh,  
Mindfulness, Nov. 2015).

While there's no doubt that  
setting high standards for  
yourself is a good thing,  
you've probably already  
noticed that perfectionism  
can come at a high price.



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And when you take steps to  
try to change, it's easy to  
be too hard on yourself and  
fall into the same traps  
that keep you feeling  
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This book presents a  
revolutionary approach to

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become more flexible toward  
yourself and others without  
losing your love of a job  
well done. With this  
compassionate approach,  
you'll soon be able not only  
to accept life as it is, but  
also become more accepting

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