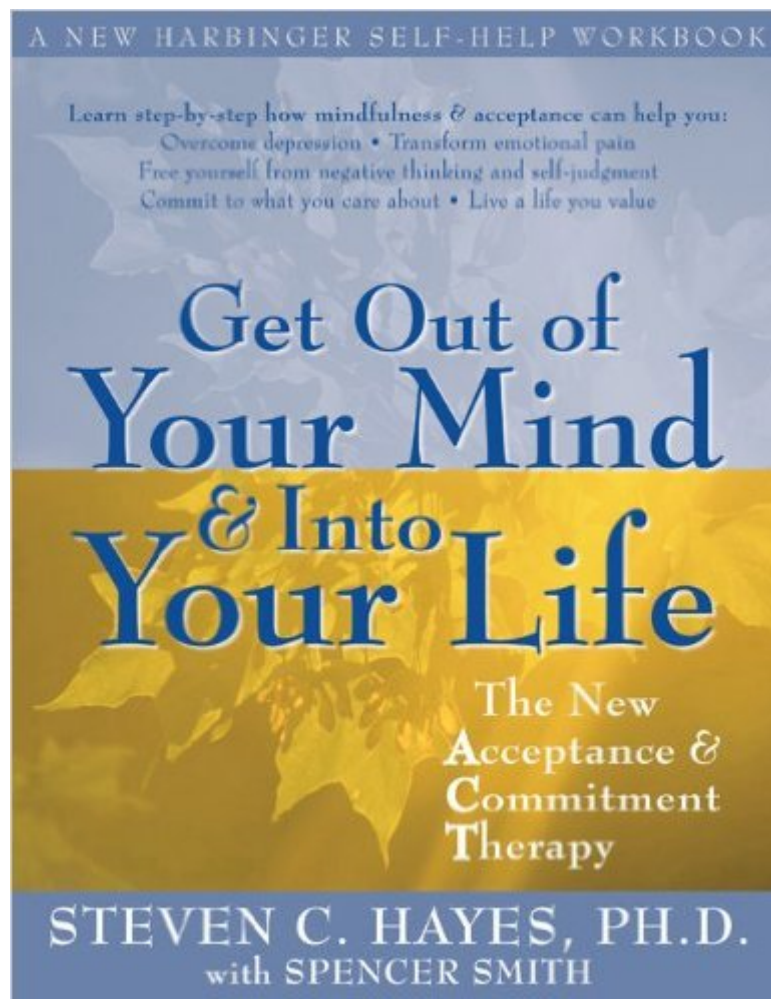


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# Get Out Of Your Mind And Into Your Life: The New Acceptance And Commitment Therapy (A New Harbinger Self-Help Workbook)



## Synopsis

Get ready to take a different perspective on your problems and your life—and the way you live it. Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you'll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values. ACT is not about fighting your pain; it's about developing a willingness to embrace every experience life has to offer. It's not about resisting your emotions; it's about feeling them completely and yet not turning your choices over to them. ACT offers you a path out of suffering by helping you choose to live your life based on what matters to you most. If you're struggling with anxiety, depression, or problem anger, this book can help—clinical trials suggest that ACT is very effective for a whole range of psychological problems. But this is more than a self-help book for a specific complaint—it is a revolutionary approach to living a richer and more rewarding life.

Learn why the very nature of human language can cause suffering  
Escape the trap of avoidance  
Foster willingness to accept painful experience  
Practice mindfulness skills to achieve presence in the moment  
Discover the things you really value most  
Commit to living a vital, meaningful life

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

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## Customer Reviews

Psychological treatments, like most forms of therapy, have been developing and adapting for centuries. In recent years the best treatment for depression, as well as a host of other psychiatric disorders, has been centered on a combination of medication and cognitive-behavioral therapy (CBT). The behavior therapies largely replaced psychoanalytic theory. The transition from psychoanalysis was not smooth, and as an attempt to ridicule psychoanalytic ideas, some notorious behavior therapists used to train people with mental illness to perform simple actions and then they would watch with amusement as psychoanalytically trained colleagues concocted creative but often bizarre symbolic interpretations of behaviors that had just been created. We may now be on the cusp of another revolution in therapy that could ultimately relegate CBT to the history books, rather in the way that CBT did to psychoanalysis. This new approach has sprung directly from the Buddhist traditions, and revolves around "mindfulness and acceptance". In the Buddhist worldview, each moment is complete by itself, and the world is perfect as it is; That being so, the focus is on acceptance, validation and tolerance, instead of change, and experience rather than experiment as the way to understand the world. For many patients it feels profoundly liberating to be able to see that thoughts are just thoughts and that they are not "you" or "reality." This realization can free an individual from the distorted reality that they often create and allow for more clarity and a greater sense of control in life.

I suffer of OCD and panic attacks (if Hell exists, and I believe so, I am sure it has to be something like an eternal panic attack). My life had been, for many years -about 15-, all about my obsessions, compulsions and fears. I lived in a continuous reactive mode to my mind. If my mind was over-curious or stressed I felt fear and just followed it. I would be amazed at myself and my continuous, unstopping over-thinking. I started by reading Tolle's "The Power of Now". The book, instead of helping me, caused me panic attacks (well, the book and my personal circumstances too). I was feeling like "Well, my thoughts are different from myself and my self-identity, but... if I am not my mind, if I am not my thoughts, then who am I?". Afterwards, I read "Brain Lock". Great book! Still, I was living in continuous reactive mode: if an obsessive thought would come, I would react

with the book methodology (Realize one is having a thought, realize one has OCD, find something else to do and, finally, stop giving importance to the obsessions). The book was a breakthrough for me into CBT. But, walking down a library some day, prey of a depression after a panic attack had spoiled a relationship, I came across this book (Get out of our mind...) I bought it with a bunch of other books. What makes this book so great is that it takes you by hand to ACT (a form of CBT) and actually has compassion at yourself. It goes slowly. It repeats the ideas several times and makes amazing analogies. It explains, in plain English, the mind-trap of trying not to think something and how this is a loophole (the less you try to think on an elephant, the more you think of it). It contains plenty of exercises. I did them (Do them! They actually get yourself out of your talkative mind) and started feeling the change.

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