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A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. 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 making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they 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

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ACT (Acceptance and Commitment Therapy), a groundbreaking new 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 satisfaction in life. 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 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 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.

Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, *The Confidence Gap* explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and

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feelings.

Why are some people more successful than others? Self-confidence! What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 5 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to determine what you really want, and unleash your personal powers to accomplish it. You'll learn how to: Clarify and live consistently with your values to become the very best person you could possibly be Set clear goals and make written plans to accomplish them Commit yourself to mastery in your chosen field and to lifelong personal improvement Program your subconscious mind to respond in a positive and constructive way to every problem or difficulty Minimize your weaknesses and maximize your strengths for higher achievement Develop high levels of courage and incredible persistence Become unstoppable, irresistible, and unafraid in every area of your life through

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the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself.

The "reality slap" takes many different forms. Sometimes, it's more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it's a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing's for sure—it hurts! And most of us don't deal with the pain very well. The Reality Slap offers a four-part path for healing from crises based on acceptance and commitment therapy. In these pages, you will learn how to: □ Find peace in the midst of your pain □ Rediscover calm in the midst of chaos □ Turn difficult emotions into wisdom and compassion □ Find fulfillment, even when you can't get what you want □ Heal your wounds and emerge stronger than before Unlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide.

The college years are very stressful for many people, so it comes as little surprise that college-aged youth often suffer from diagnosable psychiatric disorders. Even among college students whose distress is not clinically diagnosable, the college years are fraught with developmental

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challenges that can trigger bouts of psychological suffering. Is it any wonder, then, that suicide is the second leading cause of death in this age group? In *Mindfulness and Acceptance for Counseling College Students*, clinical researcher Jacqueline Pistorello explores how mindfulness and acceptance-based approaches such as acceptance and commitment therapy (ACT), dialectical behavioral therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR) are being utilized in higher education settings around the world to treat student mental health problems like severe depression, substance abuse, and eating disorders, and/or to help students thrive--both in and out of the classroom. This book offers easy-to-use programs for college counselors, therapists, instructors, administrators, and even high school counselors who are looking for tools to help high school students prepare for the transition to college. Counselors with extensive experience with mindfulness and acceptance approaches can learn new ways of adapting these approaches to interventions with college students, and counselors interested in these approaches but lacking experience can learn about these effective therapies. Finally, college administrators and staff can gain ideas for implementing mindfulness practices in various campus contexts to help promote student mental health or academic engagement. In addition to chapters by Steven C. Hayes, the founder of acceptance and commitment therapy, this book also contains an online Appendix with helpful original handouts, Power Point slides, and links to podcasts and lectures to help implement mindfulness-based approaches on different campuses. It is a wonderful resource for any professional who works with college students and who is interested in promoting psychological well-being. The Mindfulness and Acceptance Practica Series As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is

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increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, The Mindfulness and Acceptance Practica Series was created. These edited books cover a range of evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy (DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

Pulizia: l'emergenza del coronavirus ha dato un nuovo senso e una diversa profondità alla parola, imponendo di ripensare il concetto stesso di igiene e la sua valutazione. Fare le pulizie è una pratica quotidiana, ma grazie a questo libro diventa anche uno spunto per rileggere se stessi e il proprio stile di vita. Esperti da anni impiegati nel settore, i fratelli Alessandro e Marco Florio indagano le pulizie da più punti di vista, per capire come mai la stragrande maggioranza delle persone odi farle e perché vengano considerate una pratica umiliante, da evitare per quanto possibile. Il "pilota automatico", ossia l'abitudine a fare le cose senza porsi domande solo perché ci è stato insegnato così da bambini, è un errore e può essere un rischio in ogni pratica, anche in quella (peraltro vitale) di tenere pulito l'ambiente in cui viviamo. Il primo passo per approcciare in modo nuovo il tema dell'igiene è comprendere il significato degli atti che si compiono per raggiungerla e mantenerla, le profonde ragioni di ogni azione, il senso della pratica. Ecco quindi un libro che non è un semplice manuale per imparare a trovare

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divertente fare le pulizie □ non è richiesto saperle fare, tanto meno iniziarle dopo la lettura □ ma un modo per rileggere i propri movimenti quotidiani, tra necessità e gesti comuni. Di più, è il racconto di un viaggio, che ci porta a capire quanto siamo stati ingenui a credere di poterci disinteressare del pulito senza subirne le conseguenze.

Earnest, awkward and painfully shy, sixteen-year-old Assaf is having the worst summer of his life. With his big sister gone and his best friend suddenly the most popular kid in their class, Assaf spends his days at a lowly summer job in Jerusalem City Hall and his evenings alone, watching television and playing games on the Internet. One morning, Assaf's routine is interrupted by an absurd assignment: to find the owner of a stray yellow labrador. Meanwhile on the other side of the city, Tamar, a talented singer with a lonely, tempestuous soul, undertakes an equally unpromising mission: to rescue a young drug addict from the Jerusalem underworld ... and, eventually, to find her dog.

Hugh van Cuylenburg was a primary school teacher volunteering in northern India when he had a life-changing realisation: despite the underprivileged community the children were from, they were remarkably positive. By contrast, back in Australia Hugh knew that all too many children struggled with depression, social anxieties and mental illness. His own little sister had been ravaged by anorexia nervosa. How was it that young people he knew at home, who had food, shelter, friends and a loving family, struggled with their mental health, while these kids seemed so contented and resilient? He set about finding the answer and in time came to recognise the key traits and behaviours these children possessed were gratitude, empathy and

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mindfulness. In the ensuing years Hugh threw himself into studying and sharing this revelation with the world through The Resilience Project, with his playful and unorthodox presentations which both entertain and inform. Now, with the same blend of humour, poignancy and clear-eyed insight that The Resilience Project has become renowned for, Hugh explains how we can all get the tools we need to live a happier and more fulfilling life.

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