



Get the Life You Want: Finding Meaning and Purpose Through Acceptance and Commitment Therapy

By Freddy Jackson Brown

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Get the Life You Want: Finding Meaning and Purpose Through Acceptance and Commitment Therapy, Freddy Jackson Brown, So often we find ourselves blocked in our lives, unhappy but at the same time anxious and fearful about making real and lasting change and uncertain what direction to take. In this book psychologist Dr Freddy Jackson Brown reveals that many of our difficulties are self-imposed. By following the principles of a breakthrough approach, Acceptance and Commitment Therapy, he shows that we can all live a happier, less fearful and more purposeful life. The book explains the key principles of ACT - accepting rather than avoiding difficult experiences, discovering how to defuse harmful thoughts (often through changes in the way we use language), focusing on the values that give your life meaning and committing to changes in behaviour. The ground-breaking aspect of this therapy is its recognition that lasting happiness can only be found when we identify the core values that are most profoundly important to us. The book begins by explaining that values give meaning and dignity to the difficult times we may face and provide a guiding star by which we can steer...



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