

The Little Act Workbook

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The Little ACT Workbook: An Introduction to Acceptance and ...
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The Little ACT Workbook: Sinclair, Dr Michael, Beadman, Dr ...
Acceptance and Commitment Therapy (ACT) is a From one of the co-authors of the Little CBT Workbook , The Little ACT Workbook is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better.

The Little ACT Workbook by Michael Sinclair
The Little ACT Workbook is An Introduction to Acceptance & Commitment Therapy (ACT). One of the clearest and best-written presentations of ACT I've seen. Highly recommended. Steven C. Hayes, co-developer of ACT and author of Get Out of Your Mind and Into Your Life. Listen to or download the interview below.

Episode 10 The Little ACT Workbook
The Little ACT Workbook by Michael Sinclair and Matthew Beadman is an excellent introduction to how Acceptance and Commitment Therapy (ACT) can help you to pursue a life of meaning and purpose. The authors have brilliantly distilled the essence of ACT, drawing upon the most up-to-date science that underpins this new approach to cognitive behavioural therapy.

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