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## **Act Made Simple An Easy To Read Primer On Acceptance And Commitment Therapy The New Harbinger Made Simple Series**

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unfamiliar with psychological lingo, ACT Made Simple is a must. Russ Harris has succeeded in the challenge of translating difficult psychological concepts embedded in ACT into plain, colorful, diverse language that anyone working clinically will understand. Each section is simply organized, easy to follow, and user-friendly.

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"ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT. Russ Harris explains ACT concepts in a style that is both engaging and straightforward. His advice on overcoming therapy roadblocks is invaluable and will be useful to both novice and experienced ACT practitioners."

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Page 2. ACT made simple How To Use This E-book Free Study Group On Facebook How To Join The Free Study Group ACT Made Simple: The Extra Bits In the 2nd edition of ACT Made Simple, you'll find an "extra bits" textbox near the end of most chapters.

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