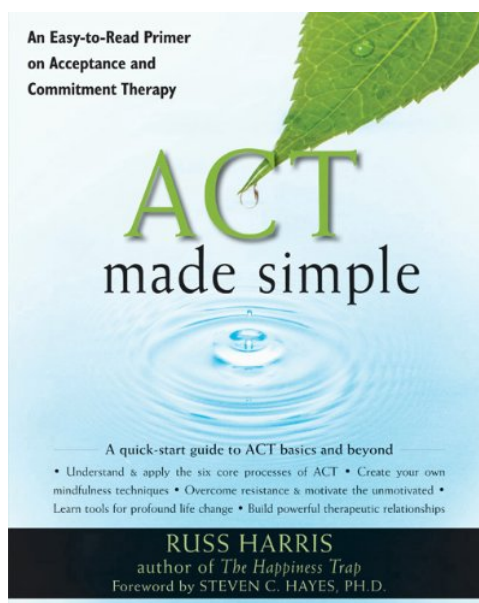


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At Acceptance and Commitment Therapy (ACT) workshops around the world, the author is often asked one question: 'If you could recommend just one book on ACT, what would it be?' This book presents an ACT primer that offers the answer to that question. It encourages readers to tailor ACT techniques to their practices and their clients.

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