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The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (A New Harbinger Self-Help Workbook) Paperback – May 1, 2017 by Kirk D. Strosahl PhD (Author), Patricia J. Robinson PhD

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Acceptance allows us to experience emotions without feeling obligated to react to them. This is done by noting the emotion, and then letting go of the negative thought processes that the emotion generates. We can benefit from mindfulness by learning to accept the flood of emotions that sometimes blocks rational thought.

[The Mindful Mood Management Workbook](#)

The Mindfulness & Acceptance Workbook for Anxiety Acceptance of Anxiety.PDF AccEPTANcE oF ANxiEty: Life Enhancement Exercise Practice Form in the first column, record whether you have made a commitment to practice the Acceptance of Anxiety exercise that day and include the date.

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Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, *The Mindfulness and Acceptance Workbook for Depression* includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life.

The Mindfulness and Acceptance Workbook for Depression ...

The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy. New Harbinger Publications. Gámez, W., Chmielewski, M., Kotov, R., Ruggero, C., Suzuki, N., & Watson, D. (2014).

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