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Michael is a Psychologist at City Psychology Group in London. He is author of many books including the The Little ACT Workbook, which is co-

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authored with Dr Matthew Beadman.

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.

Episode 10 The Little ACT Workbook

A practical introduction to Acceptance

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To Acceptance And Commitment Therapy (ACT) for the general reader. 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.

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and their Long Term Effects 9. Getting Hooked 10. Expansion Practice Sheet 11-12

ACT Made Simple 3 - ACT Mindfully

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Like Barron's ACT, Princeton Review's Cracking the ACT is a comprehensive, traditional test prep book that provides a full review of content, strategies, and

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Introduction This book is designed to overturn some of the common wisdom surrounding the ACT. It's become a test-

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prep truism that the SAT is a “reasoning test” whereas the ACT is a “curriculum based” test, but dig a little deeper, and those distinctions start to break down somewhat.

The Complete Guide to ACT Reading

Little Women, novel for children by Louisa May Alcott, published in two parts

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in 1868 and 1869. Her sister May illustrated the first edition. It initiated a genre of family stories for children. The novel has two sequels: Little Men (1871) and Jo's Boys (1886).

Little Women | Summary, Characters, & Facts | Britannica

This compact book is divided into three

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sections: mind, body and life. It starts with a disclaimer on mental health and then jumps into topics such as being self-critical and self-care. The book also includes some worksheets in the back plus more you can download from the author's website.

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