

Get Out Of Your Mind And Into Your Life

Briton Hadden, Henry Robinson Luce

Get Out of Your Mind and Into Your Life Steven C. Hayes, 2005-11-01 Get ready to take a different perspective on your problems and your life—and the way you live it. Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you'll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values. ACT is not about fighting your pain; it's about developing a willingness to embrace every experience life has to offer. It's not about resisting your emotions; it's about feeling them completely and yet not turning your choices over to them. ACT offers you a path out of suffering by helping you choose to live your life based on what matters to you most. If you're struggling with anxiety, depression, or problem anger, this book can help—clinical trials suggest that ACT is very effective for a whole range of psychological problems. But this is more than a self-help book for a specific complaint—it is a revolutionary approach to living a richer and more rewarding life. Learn why the very nature of human language can cause suffering Escape the trap of avoidance Foster willingness to accept painful experience Practice mindfulness skills to achieve presence in the moment Discover the things you really value most Commit to living a vital, meaningful life This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Get Out of Your Mind and Into Your Life Steven Hayes, Spencer Smith, 2009-09 Acceptance and Commitment Therapy (ACT) is a new approach to psychotherapy that rethinks even the most basic assumptions of mental well-being. Starting with the assumption that the normal condition of human existence is suffering and struggle, ACT works by first encouraging individuals to accept their lives as they are in the here and now.

Get Out of Your Mind and Into Your Life for Teens Joseph V. Ciarrochi, Louise L. Hayes, Ann Bailey, 2012-07-01 Based on the bestselling book *Get Out of Your Mind and Into Your Life* by acceptance and commitment therapy (ACT) founder Steven

Hayes, *Get Out of Your Mind and Into Your Life for Teens* helps readers identify and act on their values, even when faced with difficult emotions and life events.

Get Out of Your Mind and Into Your Life (EasyRead Edition) Steven C. Hayes, 2011 *Get Out of Your Mind & Into Your Life* introduces Acceptance and Commitment Therapy (ACT), a new approach to psychotherapy that reevaluates our most basic assumptions about mental health, and details how ACT can help you to embrace life and everything it has to offer.

Get Out of Your Mind and Into Your Life (Volume 1 of 2) (EasyRead Super Large 20pt Edition) ,

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Summary of Steven C. Hayes's *Get Out of Your Mind and Into Your Life* by Swift Reads Swift Reads, 2018-12-08 *Get Out of Your Mind and Into Your Life* (2005) by Steven C. Hayes and Spencer Smith is a self-help book that encourages people to detach from the causes of suffering, embrace their psychological pain, identify their values, and take action toward those values. The process is based on Acceptance and Commitment Therapy (ACT), an evidence-based therapy that focuses on techniques of mindfulness, acceptance, and values-centric living...Purchase this in-depth summary to learn more.

Get Out of Your Mind and Into Your Life Steven C. Hayes, 2025-09 *Get Out of Your Mind and Into Your Life* has introduced hundreds of thousands of readers to the core skills of acceptance and commitment therapy (ACT), and offers a breakthrough, radically different approach to improving mental health and creating positive life changes. Now in a special 20th anniversary edition--which includes a new preface from author and ACT cofounder, Steven C. Hayes--readers will discover why ACT is a game changer, and how it can help them identify what they truly care about, live with intention in each moment, reduce their suffering, and commit to living a vital, meaningful life--even in the face of adversity.

3D: Daily Dose of Discernment: 2009 Kevin Everett FitzMaurice, 2013-05-15 Read this book to discover insight by practicing the discernment of sayings, to exercise your mind for greater openness, flexibility, and creativity, and to increase your mental capability by increasing your capacity for understanding, perception, and wisdom. This book is a collection of sayings for each day of the year, originally created in 2009, but the quotations remain appropriate and relevant for any year. The sayings cover various topics important to your emotional health, including psychotherapy, psychology, psychological skills, General Semantics, Eastern psychology, meditation, flow, identity, authenticity, responsibility, and self. Discover sayings useful to understanding Eastern thought and General Semantics. The agreement between General Semantics and Eastern philosophy is profound and illuminating, and understanding that agreement will deepen your understanding of both. For instance, the expressions “The description is not the described” and “The thought is not the thing” are found in both Eastern philosophy and General Semantics. Both systems arrive at reality as nonverbal, silent, and beyond comprehension with thought, despite the fact that one is spiritual and the other is atheistic. That two entirely different approaches arrive at the same ultimate conclusions is exciting and enlightening to truth seekers who honor convergence. You will find the sayings

herein amusing, helpful, interesting, and thought-provoking. Many of the sayings are like Zen koans: If you sit with them, they reveal the other side, free of words. Many of the sayings are open to multiple interpretations and meanings. New meanings will occur to you on your different journeys through this book.

Get Out of Your Mind and Into Your Life Steven Hayes, Spencer Smith, 2021-10-15 Stop Overthinking and Start Living Get ready to take a different perspective on your problems and your life-and the way you live it. Acceptance and commitment therapy (ACT) is a new, scientifically based psychotherapy that takes a fresh look at why we suffer and even what it means to be mentally healthy. What if pain were a normal, unavoidable part of the human condition, but avoiding or trying to control painful experience were the cause of suffering and long-term problems that can devastate your quality of life? The ACT process hinges on this distinction between pain and suffering. As you work through this book, you'll learn to let go of your struggle against pain, assess your values, and then commit to acting in ways that further those values. ACT is not about fighting your pain; it's about developing a willingness to embrace every experience life has to offer. It's not about resisting your emotions; it's about feeling them completely and yet not turning your choices over to them. ACT offers you a path out of suffering by helping you choose to live your life based on what matters to you most. If you're struggling with anxiety, depression, or problem anger, this book can help-clinical trials suggest that ACT is very effective for a whole range of psychological problems. But this is more than a self-help book for a specific complaint-it is a revolutionary approach to living a richer and more rewarding life. - Learn why the very nature of human language can cause suffering - Escape the trap of avoidance - Foster willingness to accept painful experience - Practice mindfulness skills to achieve presence in the moment - Discover the things you really value most - Commit to living a vital, meaningful life

Get Out of Your Mind & Into Your Life Steven C. Hayes, Spencer Xavier Smith, 2005 Features step-by step mindfulness and acceptance exercises for effective relief from emotional pain. This book develops acceptance and commitment therapy (ACT), a revolutionary direction in psychotherapy, into step-by-step exercises that readers can use to get relief from emotional pain.

Get Out of Your Mind and Into Your Life (16pt Large Print Edition) Steven Hayes, 2009-09-15 For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult

or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

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