



Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies

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Praise for *Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies*

"One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial and powerful method of ensuring a healthy mind and heart."

—**His Holiness the Dalai Lama**

"What has been missing in the midst of partisan battles between orthodox CBT therapists and enthusiastic proponents of newer acceptance/mindfulness approaches is a reasoned, scientifically grounded discourse that would help researchers and clinicians alike sort through the various claims and counterclaims. This book, skillfully conceived and edited by James Herbert and Evan Forman, provides just such a sober and open-minded appraisal of a trend that has sometimes suffered both from too much hype from one side and too sweeping a rejection by the other. This volume encourages careful consideration of both positions and can advance evidence-based psychosocial therapy both conceptually and procedurally to the benefit of all."

—**From the Foreword by Gerald C. Davison, PhD, University of Southern California**

Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies brings together a renowned group of leading figures in CBT who address key issues and topics, including:

- Mindfulness-based cognitive therapy
- Metacognitive therapy
- Mindfulness-based stress reduction
- Dialectical behavior therapy
- Understanding acceptance and commitment therapy in context

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Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort that will put every word into pleasure arrangement in writing Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies nevertheless doesn't forget the main stage, giving the reader the hottest along with based confirm resource information that maybe you can be one of it. This great information can easily drawn you into fresh stage of crucial imagining.

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