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A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice.

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"ACT Made Simple is simply the most accessible book written to date for therapists interested in learning ACT. Russ Harris explains ACT concepts in a style that is both engaging and straightforward. His advice on

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Centre for Citizens with Disabilities (CCD), a Non-Governmental Organisation (NGO), has urged the Independent National Electoral Commission (INEC), to make voting easy for Persons with Disabilities (PWDs), in

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the forthcoming Edo governorship polls.
Mr David Anyaele, the Executive Director
of the ...

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