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pause to reflect on what it means to be human we connect to our own experiences both personal and shared including those filled with simplicity and joy amazement and belonging'

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'mindfulness

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June 7th, 2020 - acceptance and mitment therapy known as act pronounced as the word act is a mindfulness based behavioral therapy that challenges the ground rules of most western psychology it utilizes an eclectic mix of metaphor paradox and mindfulness skills along with a wide range of experiential exercises and values guided behavioral"act for beginners online training in acceptance a tickets

June 2nd, 2020 - it s called acceptance and mitment therapy or training and i m a big fan of the approach for 3 reasons 1 act is based on 40 years of lab and clinical research showing how well it works which is always important'

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