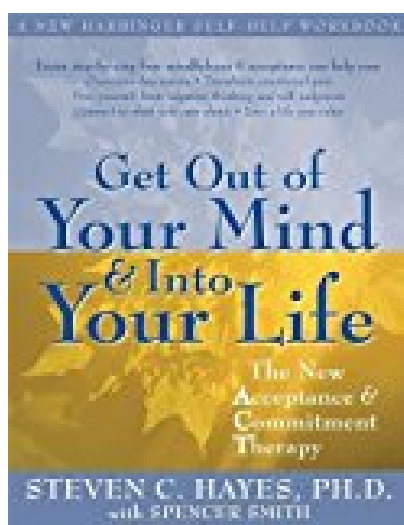


# Get Out of Your Mind and Into Your Life The New Acceptance and Commitment Therapy A New Harbinger Self-Help Workbook



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## BOOK SYNOPSIS

### GET OUT OF YOUR MIND AND INTO YOUR LIFE THE NEW ACCEPTANCE AND COMMITMENT THERAPY A NEW HARBINGER SELF-HELP

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