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About the Author: Russ Harris is a medical practitioner, psychotherapist, and world-renowned acceptance and commitment therapy (ACT) trainer. He has trained over 27,000 practitioners in ACT, and authored nine books, including ACT Made Simple, ACT with Love, The Reality Slap, and the international bestseller, The Happiness Trap (now translated).

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Russ Harris has completely reworked the new edition of *ACT Made Simple*. This book is essential reading for all trainees and qualified practitioners who want to use the wisdom of ACT ideas in their work.