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# Act Values Cards

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## JAXSON BARKER

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Built on Values New Harbinger Publications

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

*The Abolition of Man* McGraw Hill Professional

“Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care.” —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you’ll learn how

to help your clients: Find safety and security in their bodies  
 Overcome hyperarousal and hypoarousal Break free from  
 dissociation Shift from self-hatred to self-compassion Rapidly  
 ground themselves and reengage in life Unhook from difficult  
 cognitions and emotions Develop an integrated sense of self  
 Resolve traumatic memories through flexible exposure Connect  
 with and live by their values Experience post-traumatic growth  
**The Moral Injury Workbook** New Harbinger Publications  
 The PEAK Values; card deck is a fun and interesting way to  
 reflect on what you value most in your life and then have  
 thought-provoking conversations with your family, friends and co-  
 workers about values, both shared and different. This card deck  
 can be used in many different ways. The instructions for the basic  
 ;Top Values; identification exercise are included in the deck.  
 Additional instructions and uses for the deck are available on our  
 website. The cards are 3.5; x 3.5; and the deck includes 55  
 values plus two blanks (in case there is a word you feel strongly  
 about that is not included).

*Card Games For Dummies* Ember

You had better not monkey around when it comes to place value.  
 The monkeys in this book can tell you why! As they bake the  
 biggest banana cupcake ever, they need to get the amounts in  
 the recipe correct. There's a big difference between 216 eggs  
 and 621 eggs. Place value is the key to keeping the numbers  
 straight. Using humorous art, easy-to-follow charts and clear  
 explanations, this book presents the basic facts about place value  
 while inserting some amusing monkey business.

ACT with Love John Wiley & Sons

Card games offer loads of fun and one of the best socializing

experiences out there. But picking up winning card strategies is a  
 bit of a challenge, and though your buddies may think that  
 picking up the rules of the game is easy, winning is a totally  
 different story. With *Card Games For Dummies, Second Edition*,  
 you'll not only be able to play the hottest card games around,  
 you can also apply game-winning strategies and tips to have fun  
 and beat your opponents. Now updated, this hands-on guide  
 shows you everything you need to know—the basics, the tricks,  
 and the techniques—to become a master card player, with  
 expanded coverage on poker as well as online gaming and  
 tournaments. Soon you will have the card-playing power to: Pin  
 down your opponents in Texas Hold'em Show off your power in  
 Stud Poker Hit wisely in Blackjack Break hearts ruthlessly in  
 Hearts Mix up the night with Gin and Rummy Build yourself a  
 victory in Bridge Send them fishing in Go Fish This  
 straightforward, no-nonsense guide features great ways to  
 improve your game and have more fun, as well as a list of places  
 to find out more about your favorite game. It also profiles  
 different variations of each game, making you a player for all  
 seasons!

Learning ACT Working Assets Pub

Metaphors and exercises play an incredibly important part in the  
 successful delivery of acceptance and commitment therapy  
 (ACT). These powerful tools go far in helping clients connect with  
 their values and give them the motivation needed to make a real,  
 conscious commitment to change. Unfortunately, many of the  
 metaphors that clinicians use have become stale and ineffective.  
 That's why you need fresh, new resources for your professional  
 library. In this breakthrough book, two ACT researchers provide

an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

Get Out of Your Mind and Into Your Life for Teens New Harbinger Publications

If you could only get past feelings of embarrassment, fear, self-criticism, and self-doubt, how would your life be different? You might take more chances and make more mistakes, but you'd also be able to live more freely and confidently than ever before. *Get Out of Your Mind and Into Your Life for Teens* is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain. The emotions aren't going anywhere, but you can find out how to deal with them. Once you do, you will become a mindful warrior—a strong person who handles tough emotions with grace and dignity—and gain many more friends and

accomplishments along the way. Based in proven-effective acceptance and commitment therapy (ACT), this book will arm you with powerful skills to help you use the power of mindfulness in everyday situations, stop finding faults in yourself and start solving your problems, how to be kinder to yourself so you feel confident and have a greater sense of self-worth, and how to identify the values that will help you create the life of your dreams.

*Start with Why* Random House

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve

health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

PEAK Values Cards e-artnow

Accompanying CD-ROM "includes client worksheets, questionnaires, and inventories."

**The Live Your Values Deck** New Harbinger Publications  
ACT Made Simple is a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

**ACT Made Simple** New Harbinger Publications

In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting. In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your client is facing. You'll also find an overview of the core processes of ACT

so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads.

**Introduction to Probability** Oxford University Press

Vibrantly illustrated by artist and author Lisa Congdon—and co-written by Congdon and her friend, brand strategist Andreea Niculescu—this deck will help you live in accordance to what matters most to you. Living your values increases your compassion, reduces your stress, enhances your confidence, and allows you to experience more intimacy in your relationships. These 78 cards offer you a practical set of tools for determining your core values and practicing them in your daily life. Start off with a simple sorting exercise, then dive deeper into your highest values with the prompts and activities listed on each card. The accompanying booklet helps you use the deck to enrich your life and improve your well-being. **HANDS-ON EXERCISE:** More engaging than a self-help book and less daunting than trying to list your values on a blank page, this deck offers a fun, hands-on way to identify your core principles and integrate them into your life. **GREAT GUIDANCE:** Along with helping you identify your values, these cards offer advice, suggestions for short-term and long-term goals, and prompts that will help you reflect and take action in meaningful ways. **LONG-TERM USE:** As life inevitably changes and new milestones are reached, it's good to re-center

and reconnect with your values. This deck can be used to see how your values have changed and what new ones have emerged over time. Perfect for:

- Anyone contemplating a big life change (moving, switching jobs, etc.)
- People looking for personal growth or self-reflection tools
- Individuals who want to make meaningful New Year's resolutions
- Fans of Lisa Congdon's previous publishing, especially *You Will Leave A Trail Of Stars*

**The 48 Laws of Power** John Wiley & Sons

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed

messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

**Character Strengths and Virtues** New Harbinger Publications

Developed from celebrated Harvard statistics lectures, *Introduction to Probability* provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional [ACT Made Simple](#) Echo Point Books & Media, LLC

The inspirational bestseller that ignited a movement and asked us to find our WHY Discover the book that is captivating millions on TikTok and that served as the basis for one of the most popular TED Talks of all time—with more than 56 million views and counting. Over a decade ago, Simon Sinek started a movement that inspired millions to demand purpose at work, to ask what was the WHY of their organization. Since then, millions have been touched by the power of his ideas, and these ideas remain as relevant and timely as ever. *START WITH WHY* asks (and answers) the questions: why are some people and

organizations more innovative, more influential, and more profitable than others? Why do some command greater loyalty from customers and employees alike? Even among the successful, why are so few able to repeat their success over and over? People like Martin Luther King Jr., Steve Jobs, and the Wright Brothers had little in common, but they all started with WHY. They realized that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. START WITH WHY shows that the leaders who have had the greatest influence in the world all think, act and communicate the same way—and it's the opposite of what everyone else does. Sinek calls this powerful idea The Golden Circle, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY. *Stop Self-Sabotage* Exisle Publishing

Introducing the first self-help workbook for moral injury, featuring a powerful approach grounded in acceptance and commitment therapy (ACT) to help you heal in the midst of moral pain and connect with a deeper sense of meaning and purpose. If you've experienced, witnessed, or failed to prevent an act that violates your own deeply held values—such as harming someone in an automobile accident, or failing to save someone from a dangerous situation—you may suffer from moral injury, an enduring psychological and spiritual pain that is often accompanied by post-traumatic stress disorder (PTSD), depression, substance abuse, and other mental health conditions. In order to begin healing, you need to (re)connect with your values and what really matters to you as a human being. Written by a renowned team of PTSD and trauma professionals, this

workbook can help. The Moral Injury Workbook is the first workbook of its kind to offer a powerful step-by-step program to help you move beyond moral pain. With this guide, you'll learn to work through difficult thoughts, emotions, and spiritual troubles; (re)connect with your deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility you need to begin healing and live a full and meaningful life. Links to downloadable worksheets for veterans and clinicians are also included. Whether you've experienced moral injury yourself, work in the field of mental health, or are a pastoral advisor seeking new ways to help facilitate moral healing, this workbook is an effective and much-needed resource.

*Acceptance and Commitment Therapy for Chronic Pain* Penguin  
This Participant's Workbook is designed to accompany you on an exciting journey of self-discovery. Grounded in Kouzes and Posner's celebrated Five Practices of Exemplary Leadership model, the interactive pages help you to uncover the deeper meanings of: Model the Way Inspire a Shared Vision Challenge the Process Enable Others to Act Encourage the Heart  
*The Thriving Adolescent* John Wiley & Sons

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for

recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that

requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

*The Importance of Being Earnest* New Harbinger Publications  
The Importance of Being Earnest is the final play of Oscar Wilde, and it is considered his masterpiece. The play is a farcical comedy with the theme of switched identities: the play's two protagonists engage in "bunburying" (the maintenance of alternative personas in the town and country) which allows them to escape Victorian social mores. Working within the social conventions of late Victorian London, the play's major motives are the triviality with which it treats institutions as serious as marriage, and the resulting satire of Victorian ways.

*Americanized: Rebel Without a Green Card* HarperCollins  
AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh\*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity,

career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize

what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.