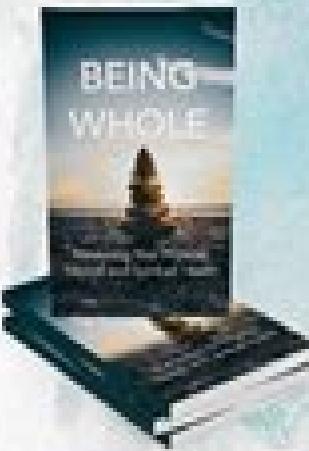


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Mind and Emotions Matthew McKay,Patrick Fanning,Patricia E. Zurita Ona,2011-07-01

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Self Help; with Illustrations of Conduct and Perseverance Second Edition Sameul Smiles,2009-04-28

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Your Life on Purpose Matthew McKay,John P. Forsyth,Georg H. Eifert,2010-11-01

Your Life on Purpose guides readers through the process of uncovering and acting on the underlying values that can lead them to a sense of purpose Identifying values is a core component of acceptance and commitment therapy ACT but values can often be difficult to define and differentiate from goals

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