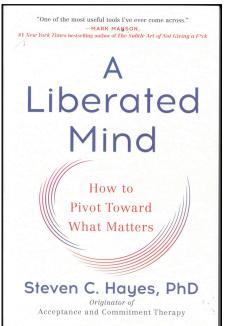




5 days after my pacemaker was inserted on May 20 Patricia drove us to Pacifica where we hiked near Sharps Pk.GC. and up a 600 foot hill. With a staff and stairs I had good stability and had no breathing problems at all. Afterwards we split a sandwich at Colombo's Italian Deli.





I hope I can make good on this miracle of medicine, engineering & science. Thanks for your love & support. Best, Joe B 5/27/22



This landmark book lays out the psychological flexibility skills that make Acceptance and Commitment Therapy (ACT) one of the most powerful approaches research has yet to offer. Based on the compelling observation that we hurt where we care, ACT teaches us how to embrace our vulnerability so that we can live more meaningful lives. Science has shown this approach to be effective in almost every area, including mental health, physical health, social challenges, and performance

"Dr. Steven Hayes enables us to pivot from self-limitation to self-awareness and self-alfirmative action." —GABOR MATÉ, MD. author of When the Body Says No: Exploring the Stress-Disease Connection



Steven C. Hayes, PhD, is a professor of psychology at the University of Nevada, Reno. The author of 45 books and more than 630 scientific articles, he has served as president of both the Association for Behavioral and Cognitive Therapy and the Association for Contextual Behavioral Science, and is one of the most cited psychologists in the world. Dr. Hayes initiated the

the most case psychologists in the word. Dr. mayes initiated the development of Acceptance and Commitment Therapy (ACT) and of Relational Frame Theory (RFT), the approach to cognition on which ACT is based.



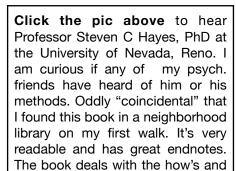
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why's of dealing with everyday

problems. Very interesting so far.



I had a very positive experience at our local Kaiser where a stress test and two cardiologists said I needed a pacemaker. My low pulse rate wouldn't increase (sinus bradycardia). The procedure itself took 60 minutes and I was under conscious sedation and could hear all the action. Great teamwork, the prep. and personal care. It will take 4-6 weeks to recover.