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Experienced Practitioner's Guide To Optimizing  
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commitment therapy (ACT) for mixed anxiety disorders. Journal of consulting and traumatic stress disorder & trauma-related problems a practitioner's guide to using mindfulness & acceptance Advanced acceptance and commitment therapy: the experienced practitioner's guide to optimizing delivery. Oakland, CA: New

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Advanced Acceptance and Commitment Therapy: The Experienced Practitioner's Guide to Optimizing Delivery. Westrup, Darrah, Ph.D. New Harbinger

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Advanced Acceptance and Commitment Therapy: the Experienced Practitioner's Guide to Optimizing Delivery. Oakland, CA: New Harbinger Publications, Inc.

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