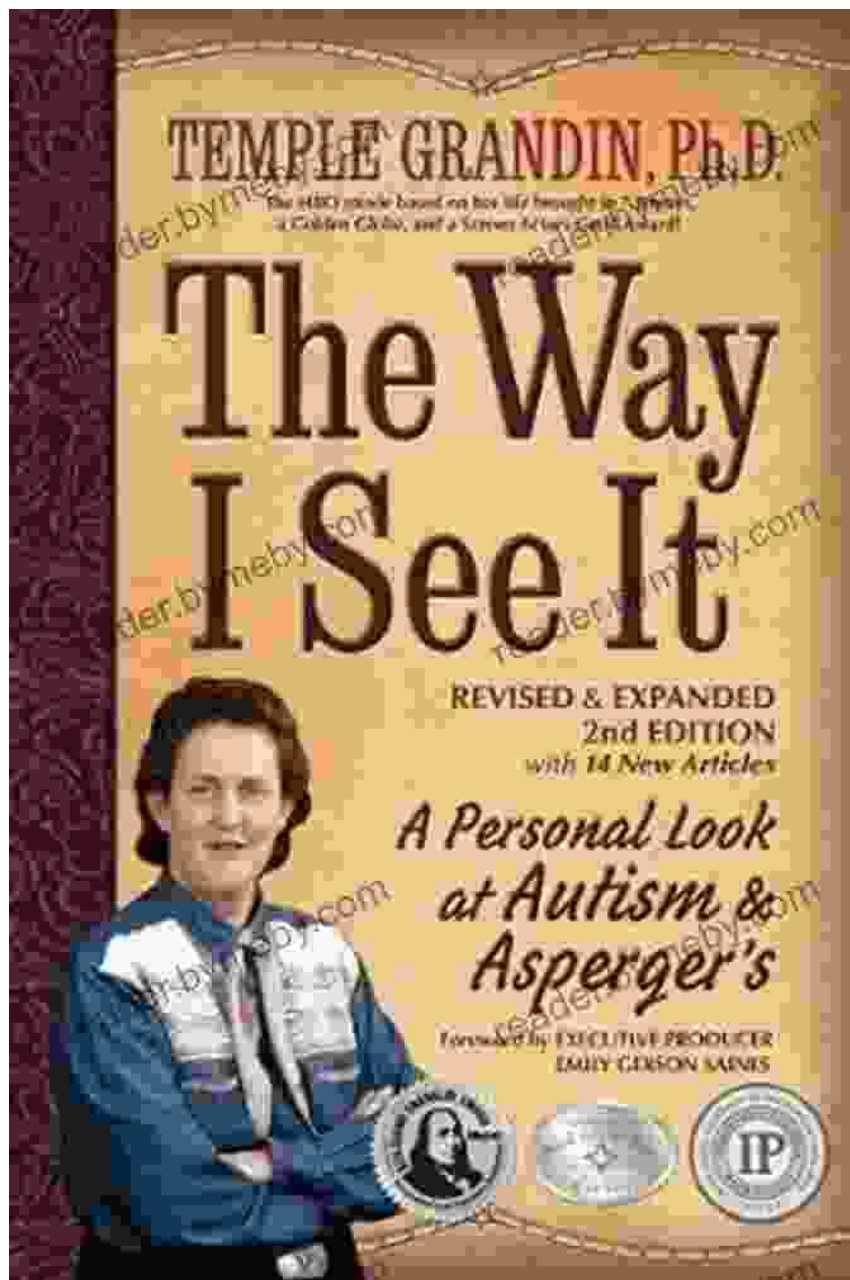
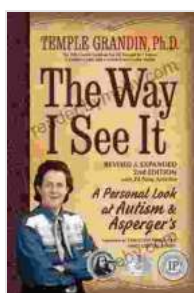


The Way You See It Revised and Expanded 2nd Edition: Your Path to Personal Empowerment and Transformation



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The Way I See It, Revised and Expanded 2nd Edition

by Temple Grandin

★★★★☆ 4.7 out of 5

Language	: English
File size	: 4734 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 386 pages
Lending	: Enabled



Written by renowned psychologist and author Dr. Steven C. Hayes, *The Way You See It* is rooted in Acceptance and Commitment Therapy (ACT), a cutting-edge evidence-based approach that has helped millions worldwide.

What's New in the Revised and Expanded 2nd Edition?

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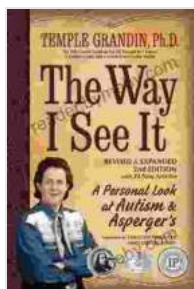
About the Author

Dr. Steven C. Hayes is a world-renowned clinical psychologist and the developer of Acceptance and Commitment Therapy (ACT). He is a Distinguished Professor of Psychology at the University of Nevada, Reno, and the author of numerous books and scientific articles on ACT and related topics.

Additional Resources

- Contextual Science Foundation

- Directory of ACT Therapists
- ACT Mindfully

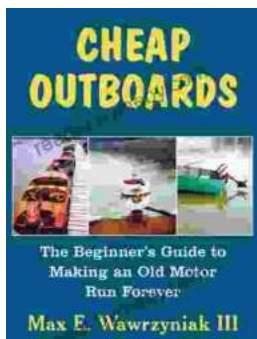


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