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Free Resources - Dr. John P. Forsyth

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Acceptance allows us to experience emotions without feeling obligated to react to them. This is done by noting the emotion, and then letting go of the negative thought processes that the emotion generates. We can benefit from mindfulness by learning to accept the flood of emotions that sometimes blocks rational thought.

[The Mindful Mood Management Workbook](#)

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Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, The Mindfulness and Acceptance Workbook for Depression includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life.

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Kotov, R., Ruggero, C., Suzuki, N., & Watson, D. (2014).

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