



**By Joseph Ciarrochi - Get Out of Your Mind and
Into Your Life for Teens: A Guide to Living an
Extraordinary Life (8.7.2012)**

Joseph Ciarrochi

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Based on the bestselling book "Get Out of Your Mind and Into Your Life" by acceptance and commitment therapy (ACT) founder Steven Hayes, "Get Out of Your Mind and Into Your Life for Teens" helps readers identify and act on their values, even when faced with difficult emotions and life events.

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