



# **ACT with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy**

*Russ Harris*

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Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

With your partner or alone, **ACT with Love** will teach you how to:

- Let go of conflict, open up, and live fully in the present
- Use mindfulness to increase intimacy, connection, and understanding
- Resolve painful conflicts and reconcile long-standing differences
- Act on your values to build a rich and meaningful relationship

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#### **William Ullrich:**

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#### **Jessica Sarmiento:**

Playing with family inside a park, coming to see the coastal world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love ACT with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment

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