



# Good Evening, My Anxiety -- Self-help Manual of Anxiety-Relieving (Chinese Edition)

*Forsyth.J.P., Georg.H.E.*

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In psychology circles in the United States, ""Acceptance and Commitment Therapy ""(abbreviated as ACT) becomes the third wave rise of Psychological Therapy,after the Behavioral Therapy and Cognitive Therapy. The new therapy that advocates to embrace pains, and accept the reality in which ""happiness is not the normal state of life"" , and then to rebuild and realize one's own values. When trying to control your thinking, it's hard to think about real important matters in life. Advocates of the ATC therapy advice--people in pain don't fight against negative sentiments, but to accept them as an inevitable part of life. Once willing to accept negative sentiments, it will be much easier for them to find wherein the true values of life lie, and should continue to develop in this direction.

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