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Finding Life Beyond Trauma Using Acceptance & Commitment Therapy to Heal from Post-Traumatic Stress & Trauma-Related Problems By Victoria M. Follette, PhD and Jacqueline Pistorello, PhD [ILLUSTRATION OMITTED]

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Finding Life Beyond Trauma is unique, offers new and different ideas and moves the reader into solutions and action. I love the 'mindfulness bell' - again a unique and critical strategy to incorporate into trauma treatment. Great job Drs. Follette & Pistorello! 9 people found this helpful

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