



## The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (Paperback)

By Kelly Wilson

New Harbinger Publications, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Acceptance and commitment therapy (ACT) cofounder Kelly Wilson and Troy DuFrene show readers how to use acceptance, mindfulness, and values-oriented strategies, either alone or in combination with a twelve-step program, to overcome substance abuse and permanently change their lives for the better. The Wisdom to Know the Difference offers readers a unique path to treating alcoholism and drug addiction through ACT, which has been proven to be clinically effective for the treatment of alcoholism and substance abuse. This workbook unifies the most widely practiced method of substance abuse treatment, the twelve-step program, with an empirically supported psychotherapeutic model, acceptance and commitment therapy (ACT). Each component of this ACT treatment plan has an explanation rooted in basic behavioral science, and readers will learn how these components fit into the twelve steps in Alcoholics Anonymous and similar programs. Written by Kelly Wilson, cofounder of the ACT treatment model, and Troy DuFrene, this workbook is accessible for all reading levels and can be used by those suffering from all forms of substance abuse.



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