

A large yellow smiley face graphic is the central element of the cover. The top-left portion of the face is cut off by the edge of the page, showing two black oval eyes. The bottom half of the face is a large yellow semi-circle containing a thick black curved line for a smile. The background is white.

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A guide to ACT: the mindfulness-based program for reducing stress and anxiety, overcoming depression, developing self-compassion, and creating a rich and meaningful life

RUSS HARRIS