



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

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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