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Mindfulness and Acceptance Steven C. Hayes, Victoria M. Follette, Marsha M. Linehan, 2011-06-22 This volume examines the role of mindfulness principles and practices in a range of well established cognitive and behavioral treatment approaches Leading scientist practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness acceptance values spirituality being in relationship focusing on the present moment and emotional deepening Coverage includes acceptance and commitment therapy dialectical behavior therapy mindfulness based cognitive therapy integrative behavioral couple therapy behavioral activation and functional analytic psychotherapy In every chapter the authors describe their clinical methods and goals articulate their theoretical models and examine similarities to and differences from other approaches both inside and outside behavior therapy

Asian American Religious Cultures Jonathan H. X. Lee, Fumitaka Matsuoka, Edmond Yee, Ronald Y. Nakasone, 2015-09-01 A resource ideal for students as well as general readers this two volume encyclopedia examines the diversity of the Asian American and Pacific Islander spiritual experience Despite constituting a fairly small proportion of the U S population roughly 5 percent Asian Americans are a widely diverse group with equally heterogeneous religious beliefs and traditions This encyclopedia provides a single source for authoritative information on the Asian American and Pacific Islander religious experience addressing South Asian Americans such as Indian Americans and Pakistani Americans East Asian Americans including Chinese Americans Japanese Americans and Korean Americans and Southeast Asian Americans whose ethnicities include Filipino Americans Thai Americans and Vietnamese Americans Pacific Islanders include Hawaiians Samoans Marshallese Tongan and Chamorro The coverage includes not only traditional eastern belief systems and traditions such as Buddhism Confucianism and Hinduism as well as Micronesian and Polynesian religious traditions in the United States but also the culture and religious rituals of Asian American Christians

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