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All changes made over the years in the Big Book (A.A. members' fond nickname for this volume) have had the same purpose: to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics. If you

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The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems.

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