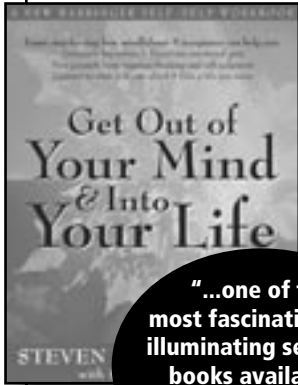


Happiness Is Not Normal

A New Book Stands Assumption of Traditional Psychology on Their Heads

"We don't assume that left to their own devices, normal human beings are happy and that only an odd history or a broken biology disturbs the peace. We assume instead that suffering is normal and it is the unusual person who learns how to create peace of mind," says **Steven C. Hayes, Ph.D.**, lead author of *Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy*.



"...one of the most fascinating and illuminating self-help books available."
~Martha Beck, columnist for O Magazine

Hayes is the founding theorist of acceptance and commitment therapy (ACT), a revolutionary new approach that's got the psychological community abuzz. The research (see page 2) tells us that it's effective in treating a host of common mental health conditions and, as part of the "third wave in psychology," ACT marks a radical departure from the conventional notions about the causes and treatments of psychological ailments.

The Tools Don't Work. "...research suggests that many of the tools we use to solve problems lead us into the traps that create suffering," says Hayes. Traditional psychology offers us techniques to banish self-destructive impulses, negative thoughts, and painful emotions. It promise that once we free ourselves from these emotional and cognitive aberrations we will achieve happiness. Yet, according to Hayes, these techniques often draw us into what he calls "psychological quicksand," a state in which the more earnest our attempts to break free the more we ensure our entrapment.

Pain or Suffering. ACT draws a clear distinction between pain and suffering. For Hayes and other ACT therapists, emotional pain is an unavoidable part of human existence, while suffering is a secondary condition caused by our responses to it. Pain evolves into suffering when we let it dictate what we can and can't do, and how we will define our lives and our selves. You're not alone if you ever found yourself thinking something like, "When I'm not so depressed, I'll apply for graduate school," or "If I wasn't so anxious I'd travel more." In this way our lives become governed by and limited by our pain and over time our identities becomes so intertwined with it that it can seem like they are one in the same. Responding to pain in this way may seem reflexive and beyond our control. ACT assures us it's not.

WHAT'S INSIDE

About Steven C. Hayes, Ph.D.
page 2

What the research says about ACT
page 2

Suggested Interview Questions
page 3

Raves for *Get Out of Your Mind...*
page 4

Acceptance, Mindfulness, and Values: The New Tool Kit. The first thing ACT asks us to do is to accept that we have and will continue to have painful emotions and internal upsets. This acceptance requires that we relinquish the problem-solving mindset that works so well for resolving external difficulties but gets us into trouble when we turn it inward. If it sounds counterintuitive it's because it is. After all, it's our instinctive ability to diagnose and solve the problems of our outer world that has allowed us to survive and thrive. Paradoxical as it may seem, says Hayes, this "fix-it" mentality, which frees us from so many external problems, undermines us when we try to overcome internal difficulties.

continued...

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com

Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy
by Steven C. Hayes, Ph.D., with Spencer Smith, ISBN: 1-57224-425-9, \$19.95, 206 pages
Published in November 2005, New Harbinger Publications, 800-748-6273, www.newharbinger.com

Yet, that doesn't mean that we are at the mercy of our psychological and emotional climate. Mindfulness is an ancient practice that teaches us to recognize without identifying with our thoughts and feelings. In ***Get Out of Your Mind & Into Your Life***, Hayes offers step-by-step exercises for cultivating it in our everyday lives. When you become mindful you widen the gap between you and your thoughts and feelings. A mindful person is one who understands that thoughts and feelings are simply that—not inherently true, not all-powerful, and not the determiner of how he or she will live.

Making a commitment to living a values-based life is another key component of the ACT program. ACT challenges us to stop letting our emotions govern our actions and instead, act and live based on our values. When we begin to recognize that emotions are ephemeral, morally neutral, and often unpredictable it becomes easy to see how mooring our lives to them can lead to suffering. By encouraging you to live a life that is driven by values, instead of feeling ACT frees you from the tyranny of emotions without requiring you to engage in a costly and ultimately unwinnable battle with them.



About the Authors of ***Get Out of Your Mind & Into Your Life***

Steven C. Hayes, Ph.D., is University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno. He is the author of more than 350 scientific articles and twenty-seven books, including *Acceptance and Commitment Therapy* and *Relational Frame Theory*—two books that significantly develop the concepts on which ***Get Out of Your Mind & Into Your Life*** is based. His research explores the nature of human language and cognition and their application to the understanding and alleviation of human suffering.

- In 1999, US Health and Human Services Secretary Donna Shalala appointed Hayes to a four-year term on the National Advisory Council on Drug Abuse.
- In 1992, the Institute of Scientific Information reported Hayes among the highest-impact psychologists in the world for 1986-1990.
- Hayes is past-president of the Association for Advancement of Behavior Therapy, the American Association of Applied and Preventive Psychology, and Division Twenty-Five of the American Psychological Association. He was the first Secretary-Treasurer of the American Psychological Association.

Spencer Smith is a writer and editor based in Santa Rosa, CA. He is coauthor of *The Memory Doctor*.

What the Research Says about ACT

- A 2000 study compared the effects of ACT on workplace stress management to a behaviorally oriented Innovation Promotion Program (IPP) that encouraged subjects to identify and change stressful events in their workplace. The study also included a control group who were assigned to a wait-list and did not receive treatment. Those who received ACT showed a significant improvement in stress levels and psychological health over those who underwent IPP or who were in the control group. These improvements were observed at post-treatment and at a three-month follow-up (Bond and Bunce).

continued...

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

**Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy
by Steven C. Hayes, Ph.D., with Spencer Smith, ISBN: 1-57224-425-9, \$19.95, 206 pages
Published in November 2005, New Harbinger Publications, 800-748-6273, www.newharbinger.com**

- A 2002 study focused on polysubstance-abusing opiate-addicted subjects who were maintained on methadone. Participants were randomly assigned to stay on methadone maintenance, or to add sixteen weeks of individual and group ACT, or Intensive Twelve-Step Facilitation (ITSF) components. At the six-month follow-up mark, participants in the ACT group demonstrated a greater decrease in opiate use than those who received ITSF (Hayes, et al.).
- A 2002 study compared the effect of ACT to nicotine replacement therapy (NRT) on chronic smokers who were trying to give-up cigarette smoking. Quit rates were equivalent at the immediate post-treatment stage, but a one-year follow-up showed that those who received ACT had greater rates of smoking cessation than those who had used NRT (Gifford).
- A 2002 study that focused on psychotic patients who had been hospitalized found that a three-hour ACT intervention reduced rehospitalization by 50 percent over a four month follow-up as compared to treatment as usual in the seriously mentally ill (Bach and Hayes).
- A 1998 study showed that training in ACT produced more effective clinicians, as measured by client outcomes (Hayes, et al.).

Suggested Interview Questions for Steven C. Hayes, Ph.D.

1. In *Get Out of Your Mind & Into Your Life* you contradict some of the most central tenets of psychology. You say for example, that, "Accepting your pain is a step toward ridding yourself of your suffering" and "We assume that...suffering is normal and it is the unusual person who learns how to create peace of mind." How did you come to adopt ideas that are so contrary to earlier models of psychological thought?
2. Can you give us a lay person's primer on acceptance and commitment therapy?
3. You claim these ideas apply to almost every psychological problem people face. What about, say (choose from the following)
 anxiety • panic • depression • pain • addiction • smoking • trauma • compulsions •
 managing physical diseases, such as diabetes or epilepsy • general stress • hallucinations and delusions •
 shame • stigma • prejudice • job burnout • effectiveness at work • difficulties learning new tasks
4. Some of this work is said to have come from your own battles with anxiety and panic. How did these ideas apply to your own struggles?
5. A lot of what you're describing sounds Buddhist-inspired. How does ACT differ from Buddhism, both in theory and in the practice it requires?
6. How does ACT differentiate between pain and suffering?
7. You are a language researcher and chapter two of *Get Out of Your Mind & Into Your Life* is called "Why Language Leads to Suffering." Can you tell us why you suggest that language is a source of human suffering?

continued...

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
 Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

**Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy
 by Steven C. Hayes, Ph.D., with Spencer Smith, ISBN: 1-57224-425-9, \$19.95, 206 pages
 Published in November 2005, New Harbinger Publications, 800-748-6273, www.newharbinger.com**

8. You also say that “research suggests that many of the tools we use to solve problems, lead us into the traps that create suffering.” What do you mean?
9. One of the premises of ACT is that avoidance of difficult emotions leads to suffering, which is highly counterintuitive. First, why do you say this and second, what do you say to someone who says that avoidance of pain is ingrained and automatic?
10. You talk a lot about values in your book and the “commitment” in acceptance and commitment therapy refers to making a commitment to living a values-based life. What does it mean to live a values-based life and how does it help reduce suffering?
11. What kinds of techniques do you try to teach in ACT? Can you walk us through an ACT exercise?

Raves for *Get Out of Your Mind & Into Your Life*

“With kindness, erudition, and humor, the authors of *Get Out of Your Mind & Into Your Life* educate readers into a **new way of thinking** about psychological issues in general and life satisfaction in particular. Their combination of cutting-edge research and resonance with ancient, tried-and-true practices makes this **one of the most fascinating and illuminating self-help books available**. If you’re tired of standard psychological parlance and still frustrated with your quality of life, **this book can be a godsend.**”

—**Martha Beck**, columnist for *O Magazine* and author of *Finding Your Own North Star* and *Expecting Adam*

“This manual, **firmly based on cutting edge psychological science** and theory, details an innovative and rapidly growing approach that can provide you with the power to transform your very experience of life. **Highly recommended** for all of us.”

—**David H. Barlow**, professor of psychology, research professor of psychiatry, and director of the Center for Anxiety and Related Disorders at Boston University

“This is the quintessential workbook on acceptance and commitment therapy. Written with **wit, clinical wisdom, and compassionate skepticism**, it succeeds in showing us that, paradoxically, there is greater therapeutic value in *going out of our minds*. Once released from the struggle with thought, we are free to discover that a life of meaning and value is closer at hand than thought allowed. This book **will serve patients, therapists, researchers, and educators** looking for an elegant exposition of the nuts and bolts of this exciting approach.”

—**Zindel V. Segal, Ph.D.**, the Morgan Firestone Chair in Psychotherapy and professor of psychiatry and psychology at the University of Toronto and author of *Mindfulness-Based Cognitive Therapy for Depression*.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

**Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy
by Steven C. Hayes, Ph.D., with Spencer Smith, ISBN: 1-57224-425-9, \$19.95, 206 pages
Published in November 2005, New Harbinger Publications, 800-748-6273, www.newharbinger.com**