



5 days after my pacemaker install (4/20) Patricia drove us to Pacifica where we hiked near Sharps Pk.GC. and up the 600 foot hill. With staff and stairs I had good stability. No problems at all! Arm in sling to limit movement. Afterwards split a huge sandwich at Colombo's Italian Deli.

"One of the most useful tools I've ever come across."
—MARK MANSON,
#1 New York Times bestselling author of *The Subtle Art of Not Giving a F*ck*

A Liberated Mind

How to
Pivot Toward
What Matters

Steven C. Hayes, PhD
Originator of
Acceptance and Commitment Therapy



I hope I can make good on this miracle of medicine, engineering and science. Thanks for your love & support. JB 4/26/22

"A Liberated Mind shows us a powerful way to a fulfilling life."
—SUSAN DAVID, PhD, author of *Emotional Agility*

This landmark book lays out the psychological flexibility skills that make Acceptance and Commitment Therapy (ACT) one of the most powerful approaches research has yet to offer. Based on the compelling observation that we hurt where we care, ACT teaches us how to embrace our vulnerability so that we can live more meaningful lives. Science has shown this approach to be effective in almost every area, including mental health, physical health, social challenges, and performance.

"Dr. Steven Hayes enables us to pivot from self-limitation to self-awareness and self-affirmative action."
—GABOR MATÉ, MD,

author of *When the Body Says No: Exploring the Stress-Disease Connection*



Here's a 20 min. YouTube Professor Steven C Hayes, PhD at the University of Nevada, Reno. CURIOUS IF ANY OF ANY OF MY PYSCH. FRIENDS HAVE HEARD OF HIM OR HIS WORK. I found this book in a neighborhood library on my first walk. It's very readable and has great end notes. Deals with the how's and why's of healing psych problems. Very interesting so far.



Had a great experience at Kaiser RWC, amazing openings. Stress test failure where low pulse rate wouldn't increase (sinus bradycardia). Conscious sedation and it was amazing witnessing it all in about 60. Much longer prep. Two cardiologists and my primary recommended this. Will take 4-6 weeks to recover. Fingers crossed.



Steven C. Hayes, PhD, is a professor of psychology at the University of Nevada, Reno. The author of 45 books and more than 630 scientific articles, he has served as president of both the Association for Behavioral and Cognitive Therapy and the Association for Contextual Behavioral Science, and is one of the most cited psychologists in the world. Dr. Hayes initiated the development of Acceptance and Commitment Therapy (ACT) and of Relational Frame Theory (RFT), the approach to cognition on which ACT is based.

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