



5 days after my pacemaker was inserted on May 20 Patricia drove us to Pacifica where we hiked near Sharps Pk.GC. and up a 600 foot hill. With a staff and stairs I had good stability and had no breathing problems at all. Afterwards we split a 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 & science. Thanks for your love & support. Best, Joe B 5/27/22

"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*



Click the pic above to hear Professor Steven C Hayes, PhD at the University of Nevada, Reno. I am curious if any of my psych. friends have heard of him or his methods. Oddly "coincidental" that I found this book in a neighborhood library on my first walk. It's very readable and has great endnotes. The book deals with the how's and why's of dealing with everyday problems. Very interesting so far.



I had a very positive experience at our local Kaiser where a stress test and two cardiologists said I needed a pacemaker. My low pulse rate wouldn't increase (sinus bradycardia). The procedure itself took 60 minutes and I was under conscious sedation and could hear all the action. Great teamwork, the prep. and personal care. It will take 4-6 weeks to recover.



**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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