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The Psychology of Enhancing Human Performance: The Mindfulness-Acceptance-Commitment Approach

Frank Gardner, Zella E. Moore

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The MAC approach developed by connecting the more traditional scientific knowledge base on human performance and self-regulation to more contemporary findings to do with meta-cognitive processes, emotion regulation, and acceptance-based behavioral interventions. Written by the originators of the MAC model, this book will provide both the necessary theory, empirical background, and a structured step-by-step, easy-to-use protocol for the understanding, assessment, conceptualization, and enhancement of human performance. It is a protocol that can be readily adapted for a wide variety of high-performing clientele--from athletes and business people, to sales people, professionals in a variety of fields, and emergency/military personnel. The material can be integrated by practicing clinicians as an adjunctive intervention strategy to help clients with specific performance problems. Numerous case examples, forms, handouts, in- and out-of-session assignments and activities, and verbatim client instructions are included.

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