

# Acceptance & Commitment Therapy

## THE FUTURE *of* PSYCHOLOGY

**WHEN ACT FIRST BURST ON THE SCENE IN 1999**, much of it seemed very new. New assumptions. New methods. New terms (oh those terms!). ACT had already been in development for nearly twenty years, but not in a very visible way. ACT was the overnight success that took decades to produce.

Now just a little over ten years later, the scene has changed. The field of cognitive behavior therapy has developed a contextual wing, and it is becoming populated with a variety of methods. Contextual CBT is settling on a consensus model of change, emphasizing the importance of increased psychological openness, greater and more flexible awareness, and active behavioral engagement. ACT and its sister methods have shown relevance in almost every area of behavioral health and psychological change. ACT is on the list of evidence-based practices maintained by governmental agencies and professional groups. It has arrived.

Now the hard work can begin.

There is a sense of seriousness of purpose in the contextual behavioral science community, and you can sense it at this conference and see it in this catalog. Large, funded research projects are becoming common. Large dissemination projects are well underway. Practicing clinicians realize how much deeper they can go.

Protocols are becoming more varied. The basic foundations of ACT are becoming almost sexy, as relational frame theory workshops and books spring up, helping practitioners to be more effective. The scope of RFT is more obvious now, with new efforts in understanding and measuring cognition, and in fostering education and child development. Meanwhile, ACBS chapters are springing up around the world. A true international development community is emerging.

We are learning together how to create a new force within the behavioral sciences and professional that is dedicated to the long, slow, serious (but fun!) work of developing a psychology more worthy of the challenge of the human condition. Now the hard work can begin.

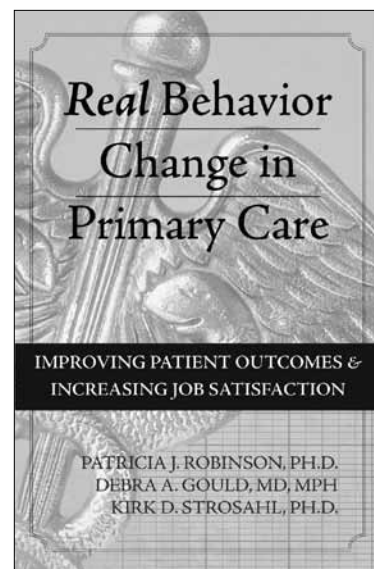
New Harbinger has been with the contextual behavioral science community every step of the way. It has taken risks; it has pushed the envelope. It has seen the need for self-help books, therapist books, edited books, and foundational books. It has lifted up new authors, and given experienced hands new platforms. As a result, no one in the contextual behavioral science community has been left untouched. Almost regardless of your interests, the books in this catalog will help. Like the great publishing houses of the past, New Harbinger is not just making books—it's making a difference.

As you leaf through these pages, you will see a body of work and a behavioral science community that is becoming more established, more confident, and more broadly based, but yet still humble about the work ahead. The work may be long, slow, and serious—but together it will also be fun!

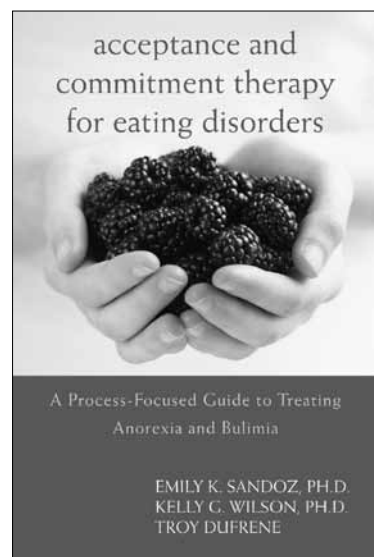
—STEVEN C. HAYES, PHD, Foundation Professor, University of Nevada



**STEVEN C. HAYES, PHD**, is University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno. He is author of more than 465 scientific articles and 33 books, including *Acceptance and Commitment Therapy* and *Relational Frame Theory*—two books that significantly develop the concepts on which *Get Out of Your Mind and 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.



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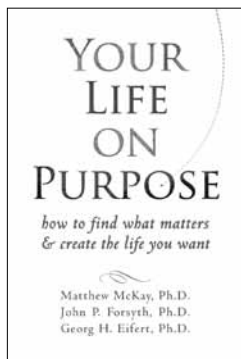
“Empowering and moving, this book strokes, bumps, prods, and cajoles the reader toward the flower bud within that yearns to blossom. Even with all of its pains, life is a chosen joy when it is lived on purpose. This book shows you how to do that.”

—STEVEN C. HAYES, PHD,

Foundation Professor of Psychology at the University of Nevada

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*How to Find What Matters & Create the Life You Want*



*Your Life on Purpose* is about doing what matters every day instead of waiting for the perfect time to feel fulfilled and alive. With this book, your clients will learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect them with their true selves. Everyone deserves to live a life of purpose, aligned with their deepest values. *Also available as an e-book at newharbinger.com*

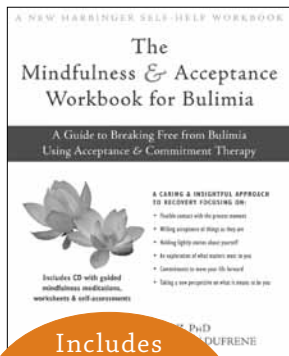
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JOHN P. FORSYTH, PHD,  
& GEORG H. EIFERT, PHD**

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## THE MINDFULNESS & ACCEPTANCE WORKBOOK FOR BULIMIA

*A Guide to Breaking Free from Bulimia Using Acceptance & Commitment Therapy*



Includes  
a CD with  
worksheets &  
guided audio  
meditations

The approach to moving beyond bulimia in *The Mindfulness and Acceptance Workbook for Bulimia* is different than other treatments. Instead of encouraging bulimia sufferers to avoid or fight against the conflicted feelings they have about food and their bodies, this workbook invites them to welcome and accept their deepest fears, learn to live with them, and put the things that are really important in their lives first. *Also available as an e-book at newharbinger.com*

**EMILY K. SANDOZ, PHD,  
KELLY G. WILSON, PHD  
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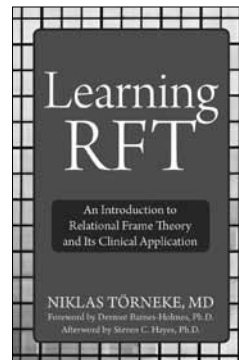
“There is no better place to start learning about RFT than this excellent book. Törneke teaches the principles of RFT simply and elegantly...I wish a book like this had existed when I first learned about RFT.”

—RUSS HARRIS,

author of *The Happiness Trap* and *ACT Made Simple*

## LEARNING RFT

*An Introduction to Relational Frame Theory & Its Clinical Application*



In the book, author Niklas Törneke presents the building blocks of RFT: language as a particular kind of relating, derived stimulus relations, and transformation of stimulus functions. He then shows how these concepts are essential to understanding acceptance and commitment therapy and other therapeutic models. *Learning RFT* shows how to use experiential exercises and metaphors in psychological treatment and explains how they can help your clients. *Also available as an e-book at newharbinger.com*

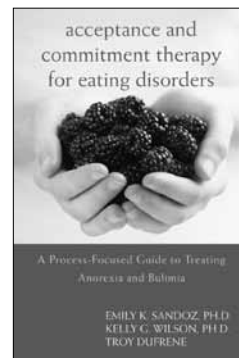
**NIKLAS TÖRNEKE, MD  
FOREWORD BY DERMOT BARNES-HOLMES, PHD  
AFTERWORD BY STEVEN C. HAYES, PHD**

ISBN: 978-1572249066 / **US \$49.95**

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## ACCEPTANCE & COMMITMENT THERAPY FOR EATING DISORDERS

*A Process-Focused Guide to Treating Anorexia & Bulimia*



This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies.

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& TROY DUFRENE**

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# NEW books

“Readable, sensible, and comprehensive, this volume shows you exactly how to apply ACT to your coaching practice. If you work as a coach or are considering doing so, there is no better place to begin.”

—STEVEN C. HAYES, PHD,

Foundation Professor of Psychology at the University of Nevada

## MAXIMIZE YOUR COACHING EFFECTIVENESS WITH ACCEPTANCE & COMMITMENT THERAPY



In this book, life coaches learn to help their clients harness powerful techniques to identify their passions, set values-based professional and personal goals, and realize their full potential. By guiding clients through ACT-based exercises in mindfulness training and values clarification, life coaches can help clients accept aspects of their situations that can't be changed and commit to taking the actions that will lead them to

success. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

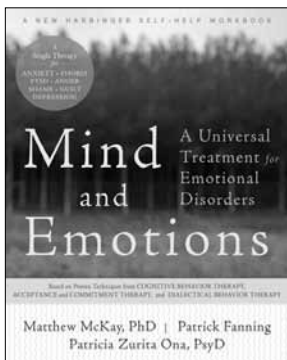
**RICHARD BLONNA, EDD**

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» Read more about this book at <http://coach-act.nhpubs.com>

## MIND & EMOTIONS

*A Universal Treatment for Emotional Disorders*



This universal treatment offers readers the most effective techniques from cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) for facing difficult emotions and reconnecting to core values. The treatment is based on the idea that most emotional problems do not occur by themselves, but are co-occurring with other psychological problems that also need to be addressed.

Instead of treating each problem individually, readers can identify their core coping styles and use this information to heal their emotional suffering and make lasting life changes. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**MATTHEW MCKAY, PHD, PATRICK FANNING  
& PATRICIA ZURITA ONA, PSYD**

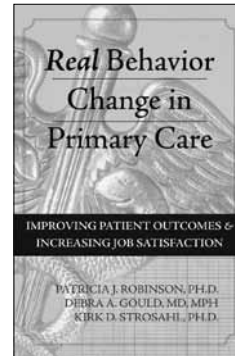
ISBN: 978-1608820153 / **US \$21.95**

“*Real Behavior Change in Primary Care* adds ACT to the growing list of techniques that are available to help the primary care provider convince patients to change their behaviors for the better.”

—ROBERT MCGRATH, PHD,

professor of psychology at Fairleigh Dickinson University

## REAL BEHAVIOR CHANGE IN PRIMARY CARE *Improving Patient Outcomes & Increasing Job Satisfaction*



This guide helps primary care providers recapture the ability to effectively help patients achieve optimal health and happiness. The book offers ten-minute interventions that provide your patients with the tools they need to change unworkable and unhealthy behaviors. Each short yet powerful intervention utilizes empirically supported skills from acceptance and commitment therapy (ACT) to help you empower patients to take charge of the psychological blocks that keep them from

resolving their health problems. You'll also apply ACT skills to your own life and learn to better manage stress, recover from burnout, and rediscover the meaning behind your work as a health care provider.

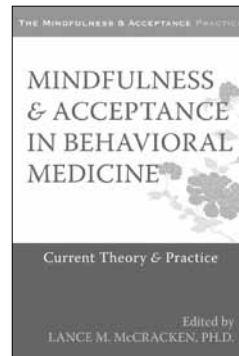
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& KIRK D. STROSAHL, PHD**

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## MINDFULNESS & ACCEPTANCE IN BEHAVIORAL MEDICINE

*Current Theory & Practice*



An essential resource every psychologist, psychiatrist, primary care physician, health care provider, and health educator should own, this book presents a series of chapters that feature the latest findings on the efficacy of ACT and other mindfulness therapies for specific conditions and populations and guidance for introducing these therapies to patients. The book also includes information on integrating ACT with other therapeutic approaches and offers mindfulness and self-care principles health care professionals can use themselves to avoid burnout and improve patient outcomes.

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**EDITED BY LANCE M. MCCrackEN, PHD**

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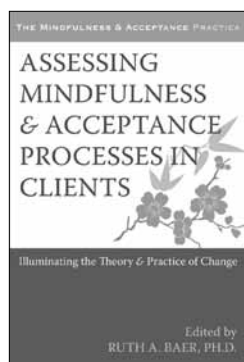
# Acceptance & Commitment Therapy

“An excellent resource not only for mindfulness researchers and practitioners, but for anyone interested in what leads to mental health and emotional balance.”

—CASSANDRA VIETEN, PHD, Institute of Noetic Sciences

## ASSESSING MINDFULNESS & ACCEPTANCE PROCESSES IN CLIENTS

*Illuminating the Theory & Practice of Change*



In this book, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and therapists practicing today. Each contribution assesses the variables that represent potential processes of change and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians learn to accurately measure each process in individual clients, an invaluable skill for any practicing therapist. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

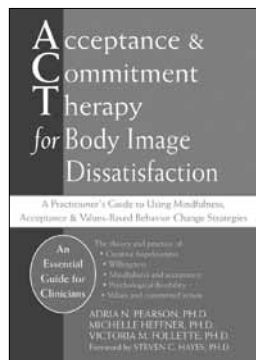
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## ACCEPTANCE & COMMITMENT THERAPY FOR BODY IMAGE DISSATISFACTION

*A Practitioner's Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies*



This book presents a clear plan for showing clients how to clarify their values to help broaden their lives and refocus on what is most meaningful and vital to them. It presents a clear ACT protocol, complete with sample scripts, therapy exercises, case studies, and worksheets, for treating body image dissatisfaction. You'll learn from a wide range of clinical examples of body image dissatisfaction, some of which explore manifestations in medical populations. The treatment protocol in this book can be effectively applied to both men and women, across a wide age range. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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& VICTORIA M. FOLLETTE, PHD  
FOREWORD BY STEVEN C. HAYES, PHD

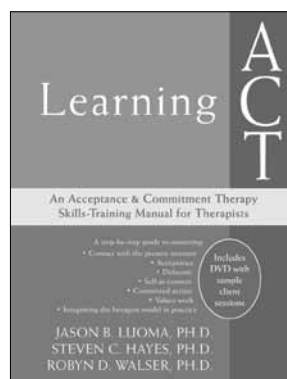
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“...the best practical skill-building workbook produced so far in the ACT literature.”

—JOANNE C. DAHL, PHD, University of Uppsala

## LEARNING ACT

*An Acceptance & Commitment Therapy Skills-Training Manual for Therapists*



Interested in integrating ACT into your practice? This book is the most complete source for ACT skills training for therapists. Each of the six core processes is explained in detail using examples from real clinical situations. The accompanying DVD lets you watch ACT as it really works in a clinical setting. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

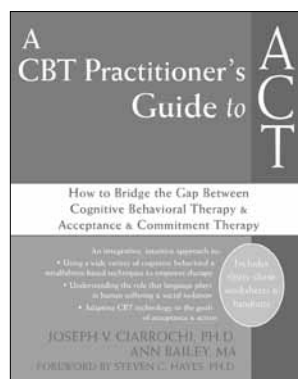
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## A CBT PRACTITIONER'S GUIDE TO ACT

*How to Bridge the Gap Between Cognitive Behavioral Therapy & Acceptance & Commitment Therapy*



This book explains how to bridge the CBT-ACT divide and utilize both therapies for a powerful treatment approach. Grounded in current research, this practical guide clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your clinical practice. Worksheets and exercises for both you and your clients appear throughout to help you seamlessly

integrate the two therapies. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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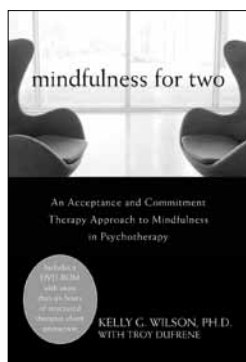
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“...a seminal contribution to the growing literature on ACT and its interface with mindfulness theory and practice.”

—JON KABAT-ZINN, University of Massachusetts

## MINDFULNESS FOR TWO

*An Acceptance & Commitment Therapy Approach to Mindfulness in Psychotherapy*



Based on his popular workshops, this book for clinicians develops Kelly Wilson's keen insights into the role of mindfulness in the ACT processes. From a solid grounding in behavior analysis, Wilson demonstrates how clients can move into and out of engagement with the present during sessions and how therapists can use these cues to facilitate better therapeutic work. The book also delves into ways therapists can overcome their own loss of contact with the present moment.

**KELLY G. WILSON, PHD, WITH TROY DUFRENE**

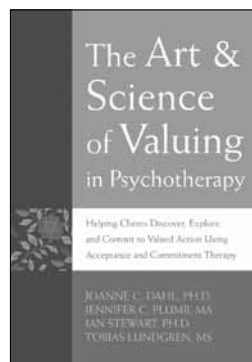
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“...replete with conceptually clear explanations and high-impact exercises.”

—MAVIS TSAI, PHD, University of Washington

## THE ART & SCIENCE OF VALUING IN PSYCHOTHERAPY

*Helping Clients Discover, Explore & Commit to Valued Action Using Acceptance & Commitment Therapy*



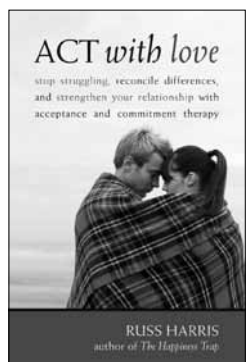
A team of ACT researchers explains the importance of working with clients on values, a key component of acceptance and commitment therapy. This book also includes step-by-step guidance for the therapist who wishes to utilize values-based techniques with clients. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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## ACT WITH LOVE

*Stop Struggling, Reconcile Differences & Strengthen Your Relationship with Acceptance & Commitment Therapy*



In *ACT with Love*, one of Australia's foremost ACT trainers, Russ Harris, shows couples how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus and to take effective action in line with one's values—will deepen and strengthen their relationships. Through a simple program based on the revolutionary mindfulness-based acceptance and commitment therapy (ACT), couples can learn to handle painful thoughts

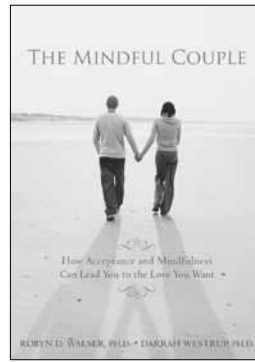
and feelings more effectively, let go of conflict, and engage fully in the process of living and loving together. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**RUSS HARRIS**, author of *The Happiness Trap*

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## THE MINDFUL COUPLE

*How Acceptance & Mindfulness Can Lead You to the Love You Want*



With strategies drawn from ACT, this book offers simple ways to help couples bring greater awareness and values-guided behavior to their relationship. Each chapter explores a key issue, such as passion, fidelity, and the balance between dependence and independence, and includes specific practices readers can do alone or with a partner to help them build vital relationships.

**ROBYN D. WALSER, PHD,  
& DARRAH WESTRUP, PHD**

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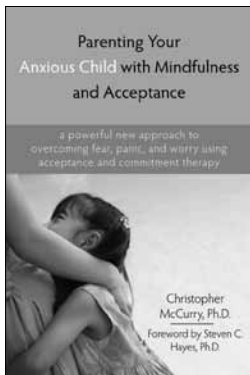
# Acceptance & Commitment Therapy

“The book contains many useful and concrete strategies for helping parents to regulate their own thoughts and feelings in order to help their child stand up to anxiety.”

—MATTHEW L. SPELTZ, PHD, University of Washington

## PARENTING YOUR ANXIOUS CHILD WITH MINDFULNESS & ACCEPTANCE

*A Powerful New Approach to Overcoming Fear, Panic & Worry Using Acceptance and Commitment Therapy*



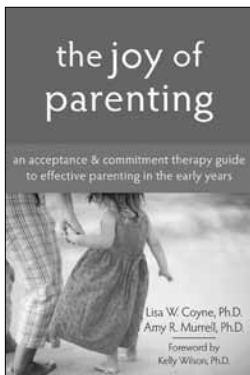
This book offers a new way to think about anxiety in children, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. Parents are advised to learn these techniques themselves, then pass them on to their child. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**CHRISTOPHER MCCURRY, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

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## THE JOY OF PARENTING

*An Acceptance & Commitment Therapy Guide to Effective Parenting in the Early Years*



In this guide, two ACT experts provide parents with the tools they need to cope with disruptive and oppositional behavior, acknowledge that they don't have to be perfect, learn to recognize normal childhood transitions, and alleviate their own anxieties to become more responsive, flexible, effective, and compassionate parents. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**LISA W. COYNE, PHD,**  
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**FOREWORD BY**  
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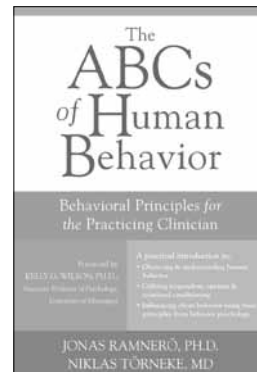
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“The authors combine advanced discussions about learning theory and behavioral analysis with straightforward and informative examples.”

—LENNART MELIN, PHD, Uppsala University

## THE ABCs OF HUMAN BEHAVIOR

*Behavioral Principles for the Practicing Clinician*



*The ABCs of Human Behavior* offers a thorough and practical introduction to the basics of modern behavioral psychology. It focuses both on the classical principles of learning as well as recent developments that explain language and cognition in behavioral and contextual terms. Practical and easy to read, the book walks you through both common sense and clinical examples that will help you use behavioral principles to observe, explain, and influence behavior in a therapeutic setting.

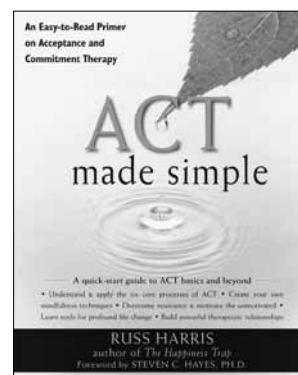
**JONAS RAMNERÖ, PHD, & NIKLAS TÖRNEKE, MD**  
**FOREWORD BY KELLY G. WILSON, PHD**

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## ACT MADE SIMPLE

*An Easy-To-Read Primer on Acceptance & Commitment Therapy*



A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results.

Includes:

- Scripts, exercises, metaphors, and worksheets to use with your clients
- A session-by-session guide to implementing ACT
- Transcripts from therapy sessions
- Guidance for creating your own therapeutic techniques and exercises
- Practical tips to overcome “therapy roadblocks”

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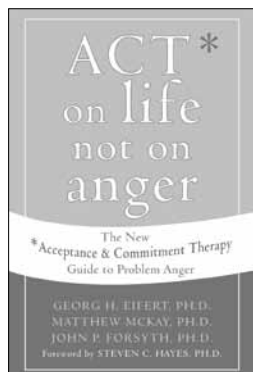
Also available at fine booksellers everywhere.

“...empowering & compassionate...  
extraordinarily insightful...”

—LAURIE A. GRECO, PHD,  
University of Missouri, St. Louis

## ACT ON LIFE NOT ON ANGER

*The New Acceptance & Commitment Therapy Guide to Problem Anger*



This book offers a new approach to those who have tried to control problem anger before with little success. Instead of trying to eliminate anger, this book helps readers drop the rope in their tug-of-war with anger using ACT. Value-identification exercises help readers decide what matters most to them and then commit to short- and long-term goals that turn these values into reality. In the process, readers gain the most profound control, accomplished by simply letting go.

**GEORG H. EIFERT, PHD, MATTHEW MCKAY, PHD,  
& JOHN P. FORSYTH, PHD**  
**FOREWORD BY STEVEN C. HAYES, PHD**

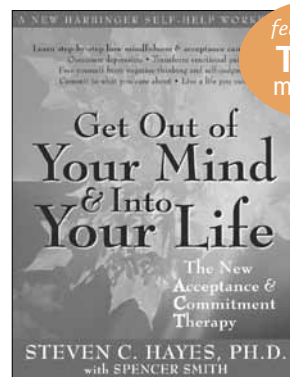
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“...highly recommended  
for all of us.”

—DAVID H. BARLOW, PHD,  
Boston University


## GET OUT OF YOUR MIND & INTO YOUR LIFE

*The New Acceptance & Commitment Therapy*



featured in  
**TIME**  
magazine

This book offers a five-step plan for coping with painful emotions such as anxiety and depression. It teaches readers life-enhancing behavior strategies that work to further the goals they value most. Once present, engaged, and aware, readers begin to build new lives for themselves filled with significance and meaning. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

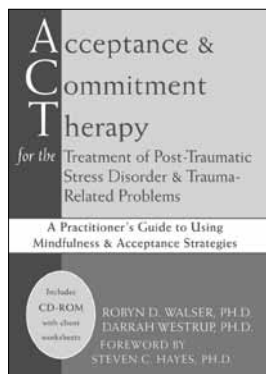
  
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*A Practitioner's Guide to Using Mindfulness & Acceptance Strategies*



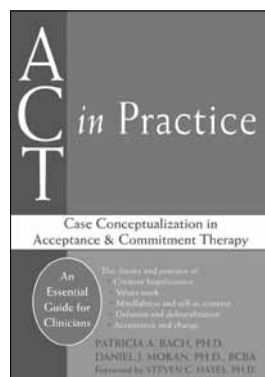
ACT offers a promising, empirically validated approach to the treatment of PTSD and other trauma related problems. In this volume, you'll find a complete theoretical and practical guide to making this revolutionary new model work in your practice. You'll learn the importance of mindfulness and acceptance in the ACT model, find out how to structure sessions with your clients, and examine the problem of control. Includes an online link for downloadable client worksheets and other materials.

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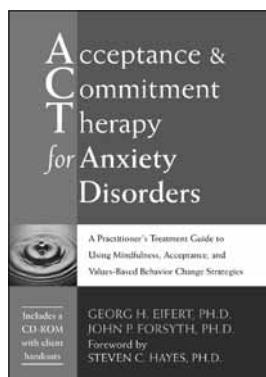
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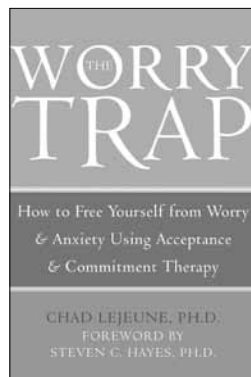
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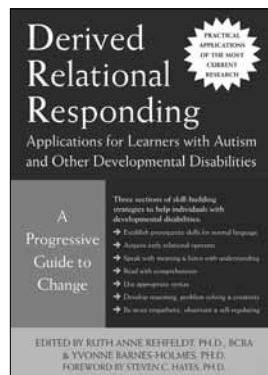
This engaging and effective self-help book adapts the ACT approach to the needs of readers struggling with generalized anxiety disorder and subclinical worry. Readers learn to “de-fuse” from worries, observing and then letting them go. Then, readers explore and commit to acting on their values, thereby creating rich lives for themselves—even with the occasional worry. An excellent choice for bibliotherapy or for between-session homework for clients.

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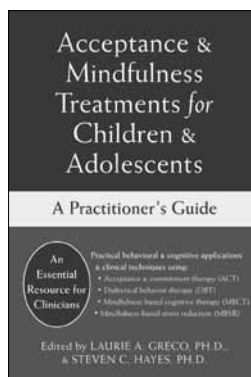
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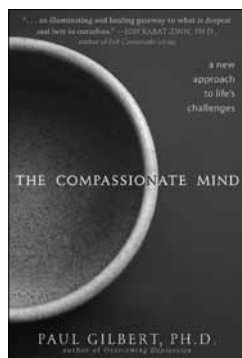
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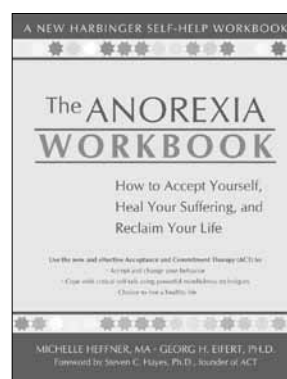
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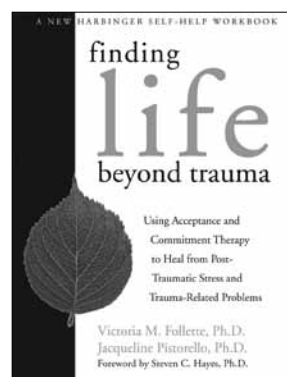
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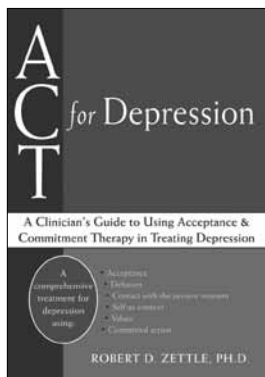
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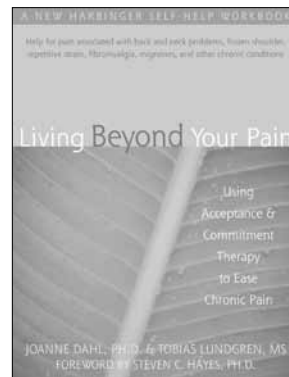
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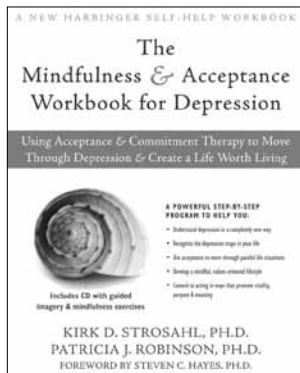
A book that breaks with conventional notions of pain management. The ACT approach to chronic pain assumes that pain is a normal part of living. Attempts to avoid it often cause more harm than good. By accepting and learning to live with pain, readers learn to limit the control it exerts over their lives.

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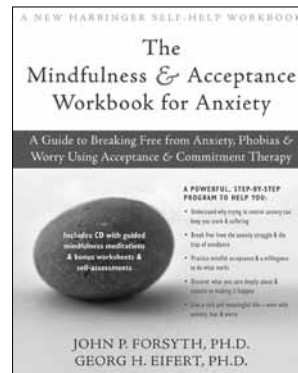
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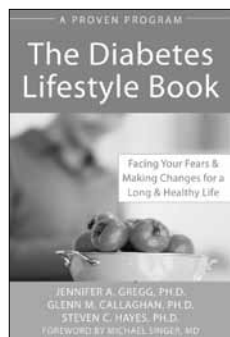
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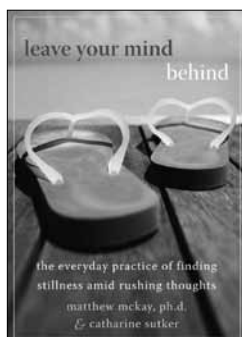
The authors' clinical trials suggest that diabetes patients who receive ACT training are more likely to comply with treatment directions and keep on top of blood sugar management. The result: healthier patients living longer, richer, more rewarding lives. This book includes a complete program for ACT-based diabetes management. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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## LEAVE YOUR MIND BEHIND

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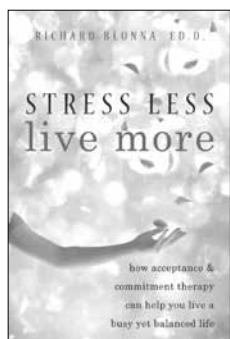
This book offers lighthearted practices drawn from ACT to teach readers how to observe their thoughts without judging or trying to control them. It explains a key process in the hexaflex model, making it easy to really "get" defusion and learn to live with the confounding and marvelous word-making, story-telling machine that is the human mind.

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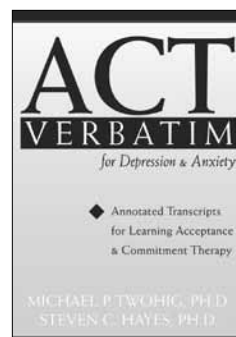
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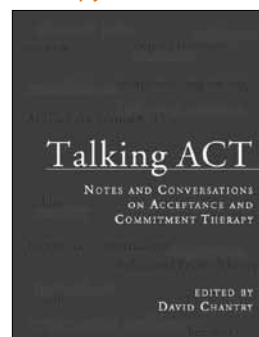
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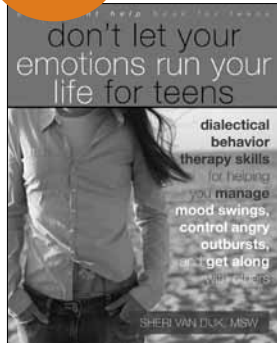
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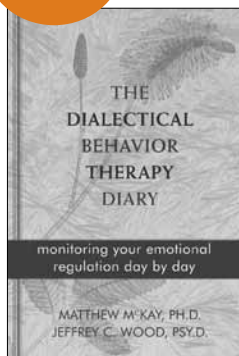
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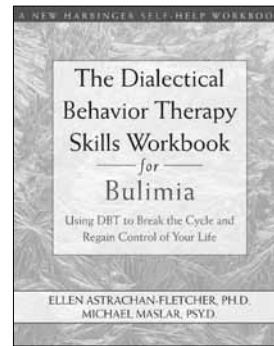
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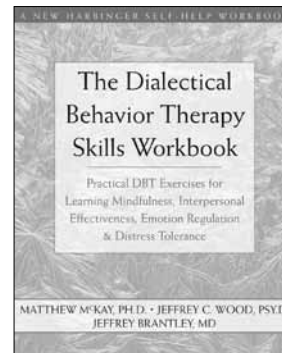
This book is for people who attempt to calm intense, negative emotions through their bulimia—people who feel that by controlling their weight, they will be able to better control their lives. Readers use skills drawn from DBT and motivational interviewing to regulate their emotions in effective ways that are healthy for mind and body. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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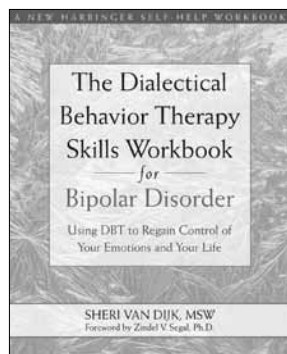
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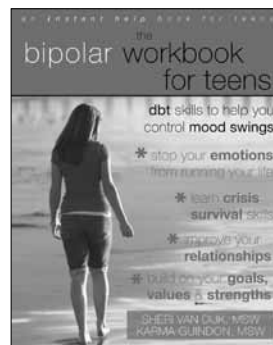
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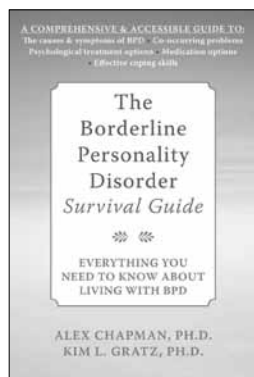
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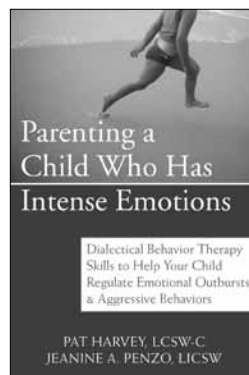
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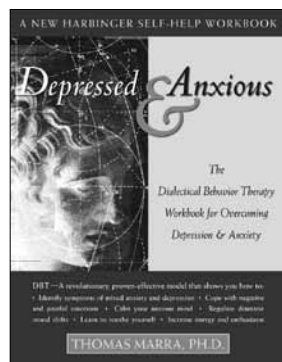
# Dialectical Behavior Therapy

“An invaluable and efficient resource for the substantial portion of clients who can benefit from DBT.”

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*The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety*



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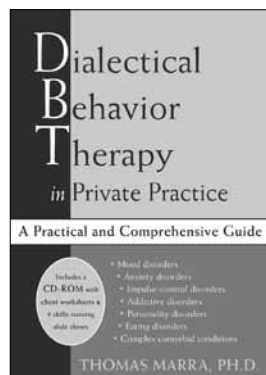
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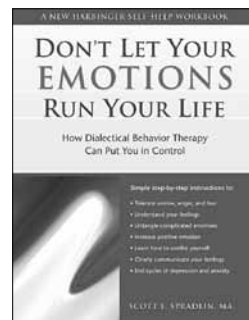
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*How Dialectical Behavior Therapy Can Put You in Control*



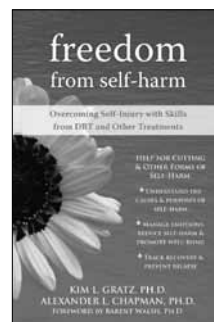
This general, DBT-based approach offers readers a simple and effective approach to learning to regulate emotions, engage with and accept distress, practice mindful awareness, and become more effective when relating to others. A genuine “all-purpose” method, this book is appropriate for a whole range of symptoms. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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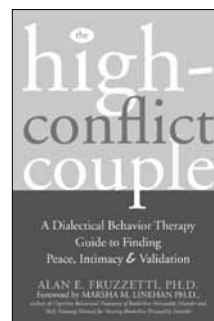
This complete guide to stopping self-injury gives readers the facts about self-harm, corrects common myths about this behavior, and provides self-soothing techniques readers can begin using right away for regulating difficult or overwhelming emotions. The book also includes self-assessment worksheets, guidance for seeking professional help, and information about the most effective therapies and medications. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

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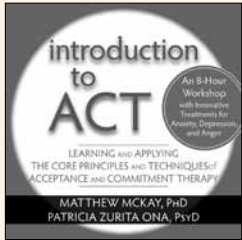


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This professional workshop is an introduction to acceptance and commitment therapy (ACT) theory and technique. Hosted by pioneering ACT psychologists and trainers Matthew McKay and Patricia Zurita Ona, this *Introduction to ACT DVD* offers clinicians all of the information they need to begin applying ACT in their practices. The DVD

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**MATTHEW MCKAY, PHD, & PATRICIA ZURITA ONA, PSYD**



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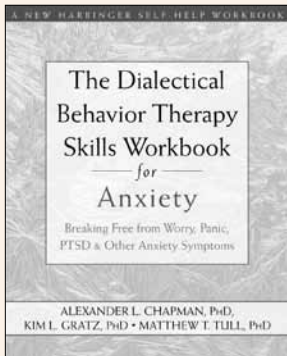
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## Dialectical Behavior Therapy

### THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR ANXIETY

*Breaking Free from Worry, Panic, PTSD & Other Anxiety Symptoms*



Dialectical behavior therapy offers a set of skills for managing emotional distress that are useful for all people, but can be especially beneficial for anxiety sufferers who are prone to panic attacks, exaggerated worries and fears, and obsessive and compulsive behaviors. Although these skills are not currently taught in many anxiety treatment programs, new research shows that they can dramatically improve anxiety symptoms and related problems that

people with anxiety face. This workbook also includes strategies drawn from cognitive behavioral therapy, the traditional therapeutic treatment for anxiety, and shows how the two approaches can be used together to defeat anxious thoughts and impulses and put an end to anxiety-related flashbacks, nightmares, stress, panic attacks, and avoidance.

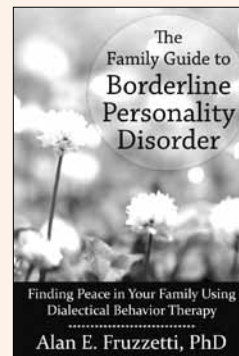
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*Finding Peace in Your Family Using Dialectical Behavior Therapy*



*The Family Guide to Borderline Personality Disorder* was developed by DBT expert Alan Fruzzetti to help family members of people with BPD manage their emotions and reactions in ways that not only help their family member with BPD, but also enable family members to remain consistent with their own personal boundaries and values. Founded on the core principle of reciprocity, this program helps family members take a blame-free approach to interacting with their loved one with BPD.

Readers also learn the same DBT skills that are so helpful to BPD sufferers themselves in order to reduce stress and conflict, decrease feelings of depression and hopelessness, and build the family's support for their loved one with BPD. *Also available as an e-book at [newharbinger.com](http://newharbinger.com)*

**ALAN E. FRUZZETTI, PHD**

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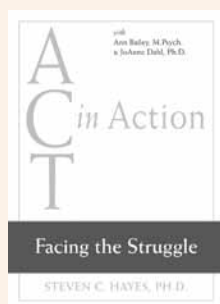
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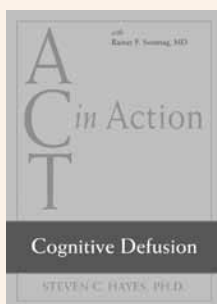
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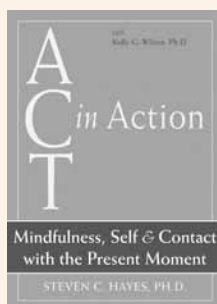
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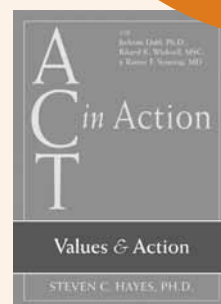
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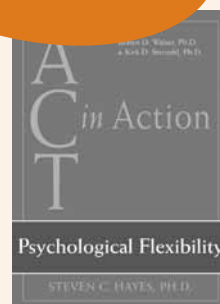
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