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The “reality slap” takes many different forms. Sometimes, it’s more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it’s a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much.

The Reality Slap: Finding Peace and Fulfillment When Life ...

The reality slap takes many different forms. Sometimes it’s so violent, it’s more like a punch: the death of a loved one, a serious illness or injury, a freak accident, a violent crime, a disabled child, bankruptcy, betrayal, fire, flood or disaster.

THE REALITY SLAP - ACT Mindfully

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So the concept of this book is very good. Approaches from Acceptance and Commitment Therapy (ACT) are useful. However (and I write this as a clinical psychologist) the author’s ‘reality slap’ is the fact that he had a son with autism. Very sadly in this day and age, he writes about autism like it’s a ‘disease’ to be ‘cured’.

Amazon.co.uk:Customer reviews: The Reality Slap

“Sooner or later, reality is going to slap you. Loss, disease, betrayal or other misfortunes will arrive unexpectedly and shake your very foundation. At that moment, this wise book is one to keep within reach. It will do more than soothe you—it will ground you, guide you, and help you grow.

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The Reality Slap | NewHarbinger.com

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The Reality Slap is an excellent book---better than traditional CBT. The positive affirmations, positive thinking, etc. in CBT didn't change anything for me because what's happening in my life is truly horrendous and no amount of affirmations will change my reality. Trying that made me feel like a failure because I couldn't seem to pull it off.

Amazon.com: Customer reviews: Reality Slap

The ‘reality slap’ takes many different forms. Sometimes it is so violent it’s more like a punch: the death of a loved one, a serious illness, a major injury, a freak accident, a shocking crime, a disabled child, the loss of a job; bankruptcy, betrayal, fire, flood, divorce or disaster.

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