

**TOE**

**Inevitable Features  
Of Human Life**

**It's a framework**

**Inevit**

**atures**

1  
00:00:06,410 --> 00:00:02,389  
so act actually is more than just a

2  
00:00:09,049 --> 00:00:06,420  
therapy it's a framework for living well

3  
00:00:11,570 --> 00:00:09,059  
and unlike a lot of treatment approaches

4  
00:00:14,629 --> 00:00:11,580  
or protocols that are tied to specific

5  
00:00:17,330 --> 00:00:14,639  
symptom presentations or disorders

6  
00:00:20,590 --> 00:00:17,340  
Act is actually applicable to virtually

7  
00:00:23,510 --> 00:00:20,600  
all people regardless of circumstances

8  
00:00:25,849 --> 00:00:23,520  
culture complaint

9  
00:00:29,330 --> 00:00:25,859  
and I think part of the reason for that

10  
00:00:32,150 --> 00:00:29,340  
is the premise from which it begins so

11  
00:00:37,130 --> 00:00:32,160  
act begins with this fundamental

12  
00:00:38,569 --> 00:00:37,140  
understanding that pain grief loss

13  
00:00:41,869 --> 00:00:38,579

disappointment