

## Special Issue

# Psychological Flexibility for Health and Wellbeing

### Message from the Guest Editors

Psychological flexibility has been increasingly established as a fundamental aspect of human health and well-being. Across physical, psychological, and social domains, this capacity to fully contact a range of experiences and take action consistent with personal values seems to be central to the process of thriving. In offering a sound conceptualization of what it means to be psychologically well, psychological flexibility has been fully integrated into the scientific study of wellness. Psychological flexibility seems to be measurable, as a number of assessment approaches have been validated and shown to be useful. Psychological flexibility also seems to be manipulable, as intervention studies in educational, clinical, performance, community, and correctional settings demonstrate increases in flexibility along with many positive outcomes. This Special Issue invites authors to submit publications on the topic of psychological flexibility as it relates to health and well-being. Conceptual, empirical, assessment, and review papers are welcome, and we hope for contributions from a range of disciplines across the realm of behavioral sciences.

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### Deadline for manuscript submissions

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## Behavioral Sciences

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#### Editor-in-Chief

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