

# Brilliant Miller Releases Video Podcast Interview with Steven C Hayes

*Steven and Brilliant discuss psychological flexibility and techniques for liberating our minds from "the dictator within" through a process he calls diffusion.*

SANDY, UT, USA, July 26, 2021

/EINPresswire.com/ -- Steven C. Hayes is an amazing thinker. Not only has he written nearly 50 books and hundreds of articles but he is also an originator of ACT (Acceptance and Commitment Therapy) and RFT (Relational Frame Therapy). Google scholar data ranks him among the top fifteen hundred most cited scholars in all areas of study, living and dead. His career has focused on human nature, language, cognition, and the application of this to an understanding and alleviation of human suffering. His latest book, and topic of our [interview](#), is called "A Liberated Mind: How to Pivot Toward What Matters".



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School for Good Living Logo



Brilliant Miller Headshot

In this interview for the [School for Good Living](#) Podcast, Steven joins [Brilliant](#) Miller to talk about

“

Love isn't everything, It's the only thing.”

*Steven C Hayes*

psychological flexibility, what it is, how we can cultivate it, why it matters, and how it can change our lives. They talk about something in this interview called "The Dictator within" and how to not let it run our lives or ruin our lives. They also talk about awareness and attention, the idea of evolving on purpose, and so much more. Finally, as Steven

has written over a million words, they discuss his process for writing, how he has become so prolific, and how Steven's large volume of content has quite literally changed our world.

#### Topics Discussed:

- The dictator within
- Evolution and being 'average'
- Diffusion from our own mind
- Psychological flexibility, emotional openness, and mindfulness
- Authoritarian distancing

Watch the interview on YouTube

<https://www.youtube.com/watch?v=1tNLcUo61X4> and the audio version is

available on Apple Podcasts

(<https://podcasts.apple.com/us/podcasts/school-for-good-living-podcasts/id1389591902>), Stitcher

(<https://www.stitcher.com/podcast/school-for-good-living-podcasts>), Google Podcasts

(<https://podcasts.google.com/feed/aHR0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW5nLmNvbS9mZWVkLw>), and Spotify (<https://open.spotify.com/show/2gAkcrCqCeit7H4csjdDGd>).

Visit the Steven C. Hayes guest page at <https://goodliving.com/guests/steven-c-hayes/> and the podcast interview page at <https://goodliving.com/podcasts/a-liberated-mind-how-to-pivot-toward-what-matters/>.

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