

# The Happiness Trap: How to Stop Struggling and Start Living (Paperback)

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## Reviews

This publication will be worth purchasing. It really is writter in simple terms instead of difficult to understand. Its been designed in an exceptionally simple way and is particularly only right after i finished reading this ebook in which basically modified me, alter the way i believe.

(Prof. Loyce Runolfsson Jr.)

## THE HAPPINESS TRAP: HOW TO STOP STRUGGLING AND START LIVING (PAPERBACK)



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Shambhala Publications Inc, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Are you, like millions of Americans, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. The techniques presented in The Happiness Trap will help readers to: - Reduce stress and worry - Handle painful feelings and thoughts more effectively - Break self-defeating habits - Overcome insecurity and self-doubt - Create a rich, full, and meaningful life.

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