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In The Happiness Trap, Russ Harris crafts a persuasive, intelligent argument for why we should stop aiming for happiness and instead aim for a mindful, values-driven life. His ideas in this book come from Acceptance and Commitment Therapy (ACT), a newer, third-wave cognitive behavioral therapy that has shown promising effectiveness in research studie 4.5 stars

To stop struggling with difficult thoughts and feelings and find genuine happiness and purpose in life.

THE HAPPINESS TRAP – STOP STRUGGLING, START LIVING | Russ

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Fortunately, there is a way to escape from the 'Happiness Trap', a ground-breaking new approach based on mindfulness skills. Using the six principles of Acceptance and Commitment Therapy (ACT), Russ Harris can help you to: * Reduce stress and worry. * Rise above fear, doubt and insecurity.

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The Happiness Trap Quotes Showing 1-30 of 103. "The more we try to avoid the basic reality that all human life involves pain, the

more we are likely to struggle with that pain when it arises, thereby creating even more suffering." — Russ Harris, *The Happiness Trap: How To Stop Struggling And Start Living*. 20 likes.

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Part 1 of the book sets for an interesting journey. Part 2 simply blows your mind: anybody who has ever had trouble with an anxiety disorder or depression will connect with Dr Harris' layman stories and explanations as if he had started to write the book only after returning from an expedition into your own mind.

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. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions,

improve health, increase vitality, and generally change your life for the better.

[The Happiness Trap by Russ Harris | Waterstones](#)

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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The Happiness Trap: Stop Struggling, Start Living by Russ ...

The Happiness Trap: Stop Struggling, Start Living: Author: Russ Harris: Edition: illustrated, reprint: Publisher: Exisle Publishing, 2007: ISBN: 0908988907, 9780908988907: Length: 280 pages :...

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The Happiness Trap: Stop Struggling, Start Living eBook ...

What if our efforts to find happiness were actually preventing it? A growing body of scientific research suggests that we are all caught in a powerful psychological trap: a vicious cycle, whereby the more we strive for happiness, the more we suffer.

The Happiness Trap : Stop Struggling, Start Living, Stop ...

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The Happiness Trap : Stop Struggling, Start Living

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