

The Happiness Trap Stop Struggling Start Living English Edition By Russ Harris

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THE MILLION COPY BESTSELLER Do you ever feel worried, miserable or unfulfilled - yet put on a happy face and pretend everything's fine? You are not alone. Stress, anxiety, depression and low self-esteem are all around.

Research suggests that many of us get caught in a psychological trap, a vicious circle in which the more we strive for happiness, the more it eludes us. 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.
- Handle painful thoughts and feelings more effectively.
- Break self-defeating habits.
- Improve performance and find fulfilment in your work.
- Build more satisfying relationships.
- Create a richer and more meaningful life.

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Popular myths about happiness are directly contributing to our epidemic of stress anxiety and depression and popular psychological remedies are making it even worse in this easy to read practical and empowering self help book dr russ harris m d reveals how millions of people are unwittingly caught in the happiness trap

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the way most of us go about trying to find happiness ends up making us miserable driving the epidemics of stress anxiety and depression

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Carefully and creatively presents techniques that anyone can use to undermine struggle avoidance and loss of the moment harris systematically explores how we get into the happiness trap and then shines a powerful beacon showing us another way forward steven hayes phd author of get out of your mind and into your life eminently practical and readable

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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

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