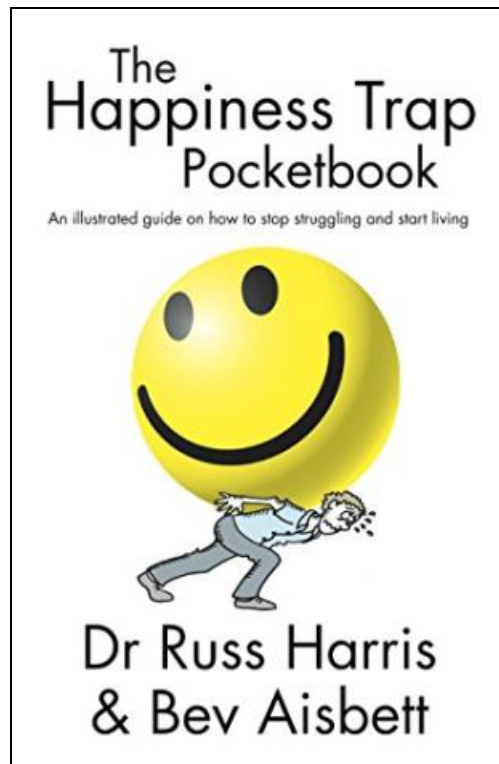


## The Happiness Trap Pocketbook: An Illustrated Guide on How to Stop Struggling and Start Living (Paperback)



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*An incredibly awesome publication with perfect and lucid reasons. It can be written in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication I actually have studied during my very own lifestyle and could be the best publication for actually.*

**(Paula Gutkowski)**

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Exisle Publishing, Australia, 2013. Paperback. Condition: New. Bev Aisbett (illustrator). Language: N/A. Brand New Book. A unique collaboration between cartoonist/author Bev Aisbett and Dr Russ Harris, this is an illustrated, simplified pocketbook version of Russ's original, international bestseller *The Happiness Trap*. It's an easy-to-read introduction to all those powerful life-changing ideas or a great refresher course for those already familiar with the approach. Commonplace ideas about happiness are often misleading, inaccurate and likely to make you miserable in the long term. For example, positive thinking often does not work - and research shows it actually makes some people feel worse! So open *The Happiness Trap Pocketbook* and learn how a new scientifically proven, mindfulness-based approach called Acceptance and Commitment Therapy (better known as ACT) can help you find genuine wellbeing and fulfilment. Whether you're lacking confidence, facing illness, stressed at work, struggling with low self-esteem, trying to lose weight or quit smoking, or just wanting to be happier, healthier, and more fulfilled - in this book you will learn effective techniques to: \* reduce stress and worry \* rise above fear, doubt and insecurity \* handle painful thoughts and feelings more effectively \* break self-defeating habits \* develop self-acceptance and self-compassion \* let go of inaccurate and misleading (but very popular) ideas about happiness, and \* create a rich, full and meaningful life.



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