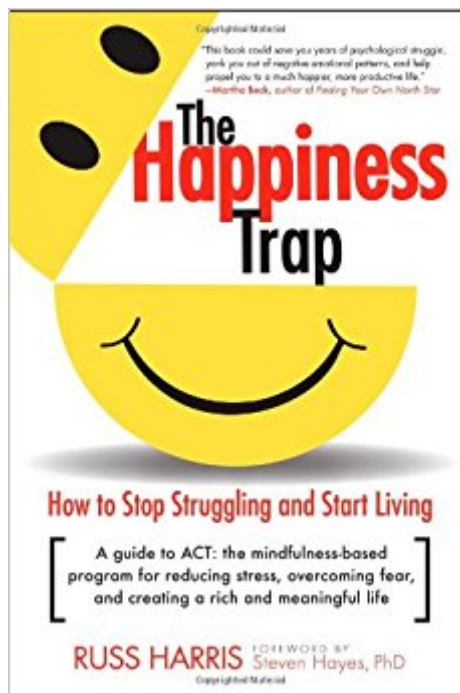




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# The Happiness Trap: How To Stop Struggling And Start Living: A Guide To ACT



## Synopsis

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

## Book Information

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## Customer Reviews

Physician Harris challenges some basic assumptions about the all-American tradition of the pursuit of happiness, drawing heavily on the acceptance and commitment therapy (ACT) work of University of Nevada professor Steven Hayes, which argues that happiness is not a normal state of being; pain is inevitable and what matters is how it is dealt with. The ACT prescription is to be mindful of negative thoughts and emotions, reconnect with core values, act in accordance with values and with the psychological flexibility to adapt to any situation. ACT techniques include diffusion—decreasing the impact of self-defeating thoughts (without making them go away), turning off the struggle switch, practicing expansion to make room for self-observation and connecting with the present moment.

While these concepts might sound like typical self-help fare, Harris makes key distinctions: ACT is not a form of meditation or a path to enlightenmentâ ”to reap the benefits, action is imperative. More of an ACT primer than anything else, there's enough interesting content here to keep the reader, um, happy. (June) Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"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."â ”Steven Hayes, PhD, author of *Get Out of Your Mind and Into Your Life* "Eminently practical and readable. This book reveals that when calibrating one's life according to acceptance and valued action, happiness is a pleasant sideshow in the larger carnival of an engaged and purposeful existence."â ”Zindel Segal, PhD, author of *The Mindful Way through Depression* "An exciting alternative to the usual approach of so many self-help books. Harris explains how we can work with ourselves as we are, rather than aggressively trying to alter ourselves. I'm impressed by the simple and effective methods of ACT."â ”David Richo, PhD, author of *The Five Things We Cannot Change*

Fantastic book about finding direction in life and accepting the bad stuff

I purchased this book with the advise from my Doctor. It is a great book to read and learn from so you can think and act in a more clear and valued path. It helps with depression and anxiety. It gives you ways to better help yourself with everyday struggles and manage the way we think and act. Russ Harris does an excellent presentation and follows thru with actual exercises to make things actually work with patience and practice. I would recommend to anyone that needs some assistance to find ways to keep unhealthy thoughts and ways of thinking from being a constant burden on your own mind. It's one of the best books to read for self help and deal with your struggling thoughts and put them into a better perspective.

My therapist recommeneef this book for me to eork on mindfulness. I like the book and find it helps me get some structure to my moods.

This book has given me another crucial piece in my understanding of how real happiness in life works. It has changed me as a person and allowed me to improve how I work with my

psychotherapy practice clients. All those battles I engaged in with the endless, undermining thoughts in my head over the years has never really worked. The ACT principles so clearly presented in this book explains why, and what to do instead that will. I look forward to reading more of the author's writings.

Read It. Some good stuff to think about

This was my first introduction to mindfulness. The writer is a great teacher and has an easy-to-read style. I enjoyed it very much. It was a launching pad for me to deeper mindfulness practices. I doubt I could have gotten into mindfulness without this introduction.

Excellent coping strategies for recognizing our brain functions and questioning our realistic perspective. It is somewhat dry, and isn't the page-turner I wish it would be, which is why I don't give it five stars, but the quality of the advice given is something I'm still using daily. I feel like some magic guru when friends come to me with problems and I can cite coping strategies from this book.

I highly recommend this book to anyone suffering from self blame for life's curve balls. It is so easy to wake from a repetitive stressful dream and tell yourself that "it was only a dream" and after a few minutes it is just as easy to stop thinking about the dream and get on with your day. After all, dreams are just false random thoughts that have no substance or real meaning. What "The Happiness Trap" taught me, is that it is just the same for all the "bad nagging repetitive thoughts" that follow you around throughout your day - the little guilt voices, the "I should have" voices, the "self blame" voices.... all the voices that invade your mind and how much time you spend trying to control them. This book teaches you how to give up control and become free of negative thinking... A good read that will always have a home on my bookshelf.

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