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Before talking about The Happiness Trap Summary let's first discuss the book's author DR. Russ Harris, author of the international best-selling self-help book THE HAPPINESS TRAP, is a World Renowned trainer of acceptance and commitment therapy (ACT).

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### **The Happiness Trap Go Your Own Way**

happiness. This book is based on Acceptance and Commitment Therapy (ACT), which is an empirically supported approach that takes a new and You can learn how to recognise the happiness trap and, more importantly, you can learn how to climb out of it and stay out. This book will give you all the skills and knowledge you need to do it.

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### **Introduction I Just Want to Be Happy ACT Mindfully**

The Happiness Trap - by Dr Russ Harris 1 Introduction: I Just Want to Be Happy! Just suppose for a moment that almost everything you believed about finding happiness turned out to be inaccurate, misleading or false. And suppose that those very This book is based on a

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