



Practicing Happiness Workbook: How Mindfulness Can Free You from the Four Psychological Traps That Keep You Stressed, Anxious, and Depressed

By Ruth A. Baer

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Practicing Happiness Workbook: How Mindfulness Can Free You from the Four Psychological Traps That Keep You Stressed, Anxious, and Depressed, Ruth A. Baer, Are you looking for a better life-one filled with true contentment and joy? Everyone wants to be happy, but somewhere along the way, we fall into "traps" that prevent us from reaching our potential, our goals, and the lives we want. Sure to be a classic in the self-help genre, Practicing Happiness utilizes a cutting-edge transdiagnostic approach at the forefront of contemporary behavioral therapy to help you break free from these psychological traps, once and for all. In this important and groundbreaking workbook, internationally-recognized mindfulness expert Ruth Baer discusses the four most common psychological traps that people get stuck in: rumination, avoidance, emotion-driven behavior, and self-criticism. To help you get past these traps, Baer provides powerful, proven-effective mindfulness strategies, exercises, and worksheets to guide you, step-by-step, to the life that you deserve. Chapter by chapter, you will learn how to apply these mindfulness skills in everyday situations. And with practice, you'll find yourself taking control of your thoughts and feelings in a new way. Instead of falling back...



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