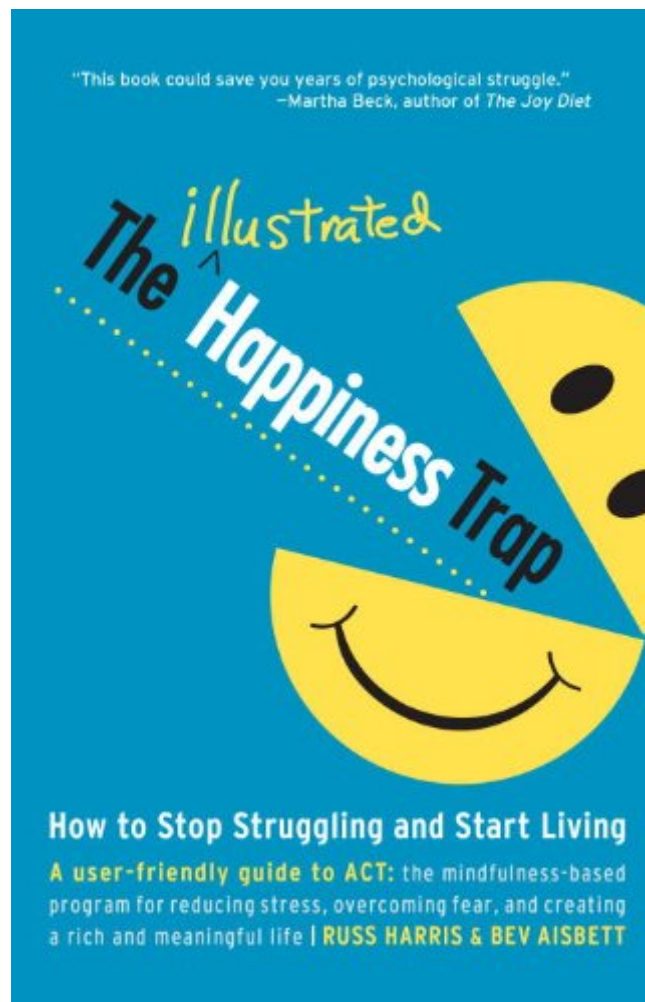


The Illustrated Happiness Trap: How to Stop Struggling and Start Living PDF



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The Illustrated Happiness Trap: How to Stop Struggling and Start Living by Russ Harris ISBN 1611801575

The life-changing practice of applied mindfulness called ACT is made even more accessible in this fun and easy-to-understand volume that illustrates all the principles with entertaining cartoons.

There's this idea going around that we're always supposed to be happy—and it's making us miserable. The good news is, if you can learn to let go of that impossible expectation, your life will be a whole lot happier. Acceptance and Commitment Therapy (ACT) is a simple, self-administered therapy that uses mindfulness to enable you to do just that. This fun, illustrated guide to the method that's made life better for millions is the easiest way yet to learn how to escape the

happiness trap and start living a life that's far richer, fuller, and more meaningful.

With ACT you'll learn to:

Reduce stress and worry • Handle painful feelings and thoughts more effectively • Break self-defeating habits • Overcome insecurity and self-doubt • Recognize and treasure the whole range of emotions that make up a satisfying life

The Illustrated Happiness Trap: How to Stop Struggling and Start Living Review

This The Illustrated Happiness Trap: How to Stop Struggling and Start Living book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Illustrated Happiness Trap: How to Stop Struggling and Start Living without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Illustrated Happiness Trap: How to Stop Struggling and Start Living can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Illustrated Happiness Trap: How to Stop Struggling and Start Living having great arrangement in word and layout, so you will not really feel uninterested in reading.