



The Happiness Trap Pocketbook (Paperback)

By Russ Harris, Bev Aisbett

Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Popular myths about happiness directly contribute to our epidemic of stress, anxiety and depression - and some popular remedies are making it even worse! In his original bestselling self-help book, Dr Russ Harris revealed how millions of people are unwittingly caught in The Happiness Trap . He then provided an effective means to escape: ACT (or Acceptance and Commitment Therapy) based on the principles of mindfulness. Now, in The Happiness Trap Pocketbook, Dr Harris joins forces with acclaimed illustrator and self-help author, Bev Aislett, to produce this illustrated, engaging and genuinely helpful guide to breaking free of the happiness trap and finding a true sense of wellbeing.



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Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Morris Cruickshank**

A really wonderful ebook with perfect and lucid answers. It is rally interesting through looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Gustave Moore**