



# The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT

By Russ Harris

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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

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### Editorial Review

From Publishers Weekly

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 enlightenment—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*)

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#### Review

"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."—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."—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."—David Richo, PhD, author of *The Five Things We Cannot Change*

#### About the Author

Dr. Russ Harris is a physician, therapist, and speaker specializing in stress management. He travels nationally and internationally to train individuals and health professionals in the techniques of ACT. Born and educated in England, he now lives in Australia. For more information, visit [actmindfully.com.au](http://actmindfully.com.au).

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### **Lee Wing:**

This The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT is great guide for you because the content that is certainly full of information for you who all always deal with world and possess to make decision every minute. This book reveal it facts accurately using great arrange word or we can declare no rambling sentences inside it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT in your hand like finding the world in your arm, details in it is not ridiculous 1. We can say that no reserve that offer you world within ten or fifteen small right but this publication already do that. So , it is good reading book. Heya Mr. and Mrs. busy do you still doubt this?

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