

"This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life."

—Martha Beck, author of *Finding Your Own North Star*

The Happiness Trap



Over
500,000
copies sold

How to Stop Struggling and Start Living

[A guide to ACT: the mindfulness-based
program for reducing stress, overcoming fear,
and creating a rich and meaningful life]

RUSS HARRIS FOREWORD BY
Steven Hayes, PhD

Russ Harris

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



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Are you, like millions of Americans, caught in the pleasure trap? The techniques presented in The Pleasure Trap will help readers to: This empowering book presents the insights and techniques of Action (Acceptance and Commitment Therapy) a revolutionary brand-new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a method for living completely in today's moment), ACT helps you escape the joy trap and find true satisfaction in life. Handle painful feelings and thoughts more effectively Russ Harris explains that the way most of us go about looking for happiness ends up producing us miserable, generating the epidemics of tension, anxiety, and depression.

- Reduce stress and be concerned
- Develop a rich, full, and meaningful life
- Break self-defeating habits
- Overcome insecurity and self-doubt



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this book is a good introduction to ACT I'm a licensed mental health counselor. An out-patient medical center ACT program unequivocally saved my entire life throughout a time of severe postpartum anxiety/major depression. I motivate the to be on Russ Harris' website (pleasure trap.com) and browse the introduction and initial chapter which are posted there for free. Most of the time, customers are 'hooked' (you'll come to appreciate that term) and continue to read the book. This book will change your life. Harris' book, Take action Made Simple, is how I discovered Action (and highly recommended for professionals who wish to learn). This book goes further into the depth of considering and provides a new way to understand your personal thinking and steps to make friends with it rather than fight with it. Revise: Amazon appears to be mixing jointly the reviews for the illustrated edition and the original version. Acceptance and Dedication therapy (ACT) has changed mine (both individually and professionally). The Pleasure Trap is, essentially, ACT Made Simple made basic. A fresh look at life I was recommended this reserve by way of a therapist and We was skeptical at first. By accepting and acknowledging that they are simply thoughts we can live less difficult. When I received it, and took a appearance and realized that it's ALL illustrated, I nearly returned it. Then, I provided it a shot and began reading it. Extremely Helpful This book helped me realize my negative thought patterns and how we are programmed to believe that way. It is quirky and a little bit charming, the vocabulary is VERY understandable rather than therefore psycho-babble -ish. I recommend it for anyone struggling with depression, stress, perfectionism, or who believes CBT is the only way to make changes in lifestyle. Ps. The article writer is a good teacher and has an easy-to-read style. readable and practical This is my first introduction to mindfulness. I'm a therapist who'll use excerpts of this book with my clients as well! I enjoyed it very much. It had been a launching pad for me to deeper mindfulness methods. I doubt I possibly could have gotten into mindfulness without this launch. Dr. Basic, concise, quick, easy-to-digest explanation of Acceptance & Be sure you are purchasing the one you desire. They are totally different books. Not really your typical "self-help" book . Commitment Therapy (Take action). This publication is my go-to suggestion to clients (and family members, friends, etc). After the program I wanted to find a publication that summed up what I discovered in the program - that is definitely that publication. I can now state that I'm grateful for the PPD encounter because, without it, I would not have learned the ACT tools which have made my life so much better than ever before. The little stuff don't bother me the direction they used to (also before PPD). I provide this book out continuously to so many people, whether heading through a hard period or not, because the equipment in this reserve are immensely ideal for life generally - not only for emotional crises. I found myself disagreeing with many of the statements produced, none of which were supported by any evidence or justification. I completed it in 2 hours. It's so effective that I make sure to go through it again every couple of months. It's great. It's insubstantial and unconvincing. Be well. Commitment Therapy (ACT) Simple, concise, quick, easy-to-digest description of Acceptance &. Helpful A helpful reserve which helped me help to make practical adjustments! Enjoy, I hope this book brings for you as much of a confident change in your life as it did me personally.. I'm still only about three-fourths through the publication and it has already helped me immensely. Perhaps a more exhaustive instruction would be helpful. Right from the start, it reads very modestly and incredibly logically. This publication doesn't claim to turn your life around (not without your very own help at least.) It simply gives you a new perspective on coping with stress, anxiety, depressive disorder and the overall struggles we cope with and allow consume our lives on a daily basis, along with the tools to help create the life you want. I would recommend this publication to everyone. Even if you only have a few stuff from it, it's worth the \$12. I've a summary of people I would like to loan it to when I'm completely finished with it. Buy the reserve, take the exercises significantly and take your time and listen and give an opportunity to what the publication tells you to do. It's a slow browse, as it's designed to be by the author (and for very good reasons. However, I found that it didn't really address the primary cause of those problems, and it's still essential to "talk them out" with friends/family before they could be dealt with in this manner. Best book on subject. Most of Russ Harris' books are perfect and very approachable for both experts and the lay person. Highly recommended. If you only browse one self help book pick this one! I've never read a far more useful personal help book about why happiness is indeed elusive and therefore "now what". I am given self-help books over the years by a few friends and they've all ended up in a drawer someplace collecting dirt.. ever and trust me I've read my share. I have worked well in the mental wellness field for twenty years and if you do not have access to a therapist this could be your

next most suitable choice or at least a great beginning to changing the way you are experiencing existence. The title actually says it all. Solid buddhism - Tolle extended Every self help book is not for everyone. I felt like this one was great for the reason that it expands on Tolle Power of Now. And for my fellow therapists (and really any various other human services/health professionals), this book is a superb introduction to ACT.. Just OK I found this book to end up being just Okay. But I can see how it can also be helpful in the areas.) Very approachable for learning ACT skills I'm a psychologist and this is the number one book I recommend to people I work with. That is a poorly written book. I've frozen, and known other people who have as well, when met with sudden circumstances such as for example bullying, violent crimes, animal attacks, etc. It's rather an organic response to shock and fear and does not automatically indicate weak character or lack of control. Although I comprehended where in fact the author was going with it, this vocabulary and theory could make a person who is already blaming themselves for an event or their reaction to it struggle even more as a result of having less nuance in the writer's words. One of the best books I own Received and go through this book from my therapist. Great book Recommended by my counselor. THEREFORE I ordered my own copy. It helps us get onto the same page with learning abilities and ways to address an array of mental health conditions. Loved it. Loved it, transformed my life. Quick examine and clear to see. The secret is in applying it to ourselves! Insubstantial and unconvincing. I also didn't really like the writer's assertion several places in the reserve that people are always in charge of our emotions no matter what and that freezing is a choice. You won't regret reading this. Give this publication the short time had a need to examine it. I had hoped for more, but it's yet another snake essential oil self-help wishy washy tract. I LOVE this book! Pleasantly surprised I'm going to be honest, when We first ordered the illustrated edition I thought it could include a good deal of text along with comics or images to break up the principles. This reserve helped me get over bouts of abnormal stress and anxiety. I appreciate the concepts and principles they're teaching - this may be very precious if you're struggling to obtain control of any emotions - from psychosis to occasional get worried. My only complaint had been the derision techniques. This book is unlike any additional "self-help" book I've ever exposed.



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