



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.

Users Review

From reader reviews:

Bennett Fox:

The book *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT* can give more knowledge and also the precise product information about everything you want. Why then must we leave the best thing like a book *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT*? A few of you have a different opinion about book. But one aim this book can give many data for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or data that you take for that,

you can give for each other; you may share all of these. Book *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT* has simple shape but the truth is know: it has great and big function for you. You can seem the enormous world by open up and read a reserve. So it is very wonderful.

Kelly McDowell:

Reading can called head hangout, why? Because when you are reading a book specially book entitled *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT* your brain will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely might be your mind friends. Imaging each word written in a book then become one application form conclusion and explanation in which maybe you never get previous to. The *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT* giving you a different experience more than blown away the mind but also giving you useful facts for your better life on this era. So now let us explain to you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Andrew Purdie:

What is your hobby? Have you heard that will question when you got learners? We believe that that issue was given by teacher on their students. Many kinds of hobby, Every person has different hobby. So you know that little person just like reading or as studying become their hobby. You need to know that reading is very important along with book as to be the point. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You get good news or update in relation to something by book. Amount types of books that can you go onto be your object. One of them is actually *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT*.

Marc Medina:

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