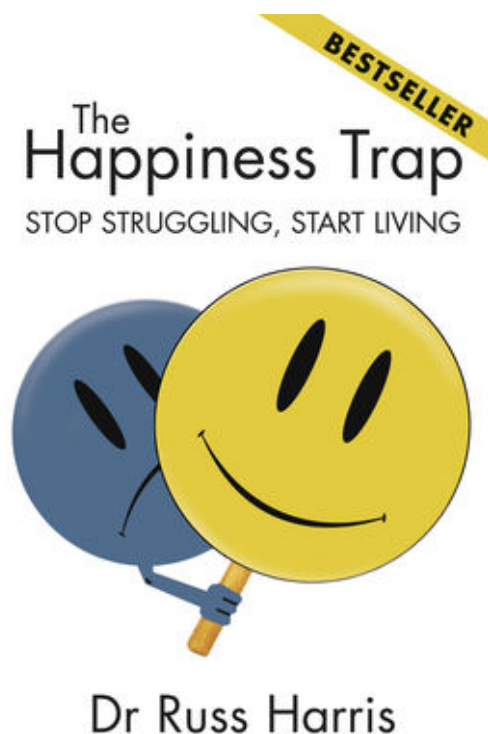


Download gratis bøger The Happiness Trap (PDF - ePub - Mobi) Dr. Russ Harris DbsBook



Do you ever feel stressed, worried, miserable or unfulfilled - yet you put on a happy face and pretend everything's fine? If so, you are not alone. Stress, anxiety, depression, and low self-esteem are everywhere. In one way or another, it seems that almost everyone is struggling. But why should this be, when our standard of living is the highest it's ever been?

New scientific research suggests that we are all caught in a hidden psychological trap: a vicious cycle, whereby the more we strive for happiness, the more we suffer in the long term. Fortunately we can all escape from the 'Happiness Trap' via a groundbreaking new approach based on mindfulness skills.

Mindfulness is a mental state of awareness, openness, and focus. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The concept of mindfulness has been around in the East for thousands of years - but until recently, we in the West could only develop

these skills if we embarked on long, slow, arduous Eastern practices, such as meditation, yoga, Tai-Chi, Zen, or the martial arts. However, thanks to cutting-edge developments in western psychology, you can now learn these powerful life-changing techniques in a matter of minutes. So if you'd like to make life rich and full and meaningful, then THE HAPPINESS TRAP is a book you definitely have to read!

Dr Russ Harris is a medical practitioner with a passion for life, health and healing. A leading authority on stress management, Russ regularly travels all over Australia, and internationally, training coaches, psychologists, doctors, and other health professionals in the use of 'mindfulness'.

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