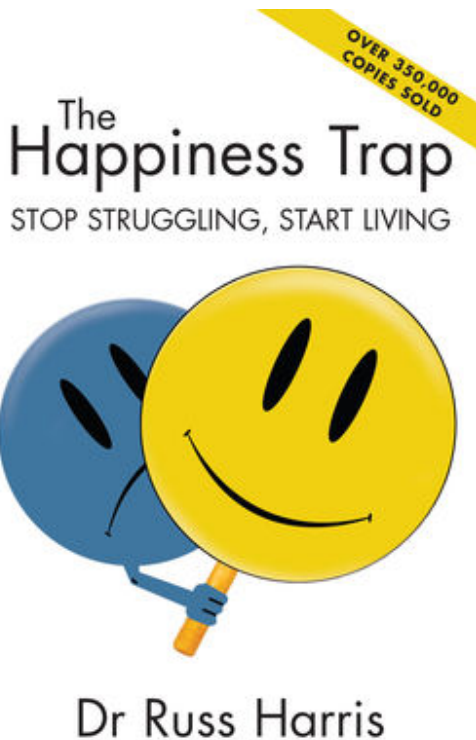


# Download gratis bøger The Happiness Trap (PDF - ePub - Mobi) Dr. Russ Harris DbsBook



A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED.

Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse!

In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills.

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. 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 book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

Russ Harris is a medical practitioner, psychotherapist, and leading expert in Acceptance and Commitment Therapy (ACT). His books include 'The Reality Slap', 'ACT with Love', 'ACT Made Simple', 'The Confidence Gap', and 'The Happiness Trap'. He lives in Melbourne, Australia, and regularly travels internationally to train a wide variety of professionals in the ACT approach.

'Dr Harris shines a powerful beacon forward into the night. Enjoy the journey. You are in excellent hands.' Steven Hayes - best-selling author of 'Get Out Of Your Mind And Into Your Life'

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**Forfatter** : Dr. Russ Harris  
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