

The Happiness Trap Based On Act A Revolutionary Mindfulness Based Programme For Overcoming Stress Anxiety And Depression

A practical introduction to Acceptance and Commitment Therapy (ACT) for the general reader. From one of the co-authors of the Little CBT Workbook, The Little ACT Workbook is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better. Acceptance and Commitment Therapy (ACT) is an empirically-supported mindfulness-based behavioural therapy, gaining significant ground in the UK. This helpful book is packed full of guidance, techniques and a series of practical exercises so you can immediately start applying key ACT principles to your day-to-day life. Learn how to: Manage stress, depression and anxiety more effectively Improve your mood and resilience Create an enjoyable, meaningful and fuller life Rather than assuming that you need to change your thoughts and emotions in order to feel better, ACT shows you how to change your relationship to your thoughts and feelings, and to loosen up around them in order to engage in value-based action. The Little ACT Workbook ensures you have the insight, tools and confidence to apply these valuable principles to your own situation and put them into practice today.

THE MILLION-COPY BESTSELLER Do you ever feel worried, miserable or unfulfilled - yet put on a happy face and pretend everything's fine? You are not alone. Stress, anxiety, depression and low self-esteem are all around. Research suggests that many of us get caught in a psychological trap, a vicious circle in which the more we strive for happiness, the more it eludes us. Fortunately, there is a way to escape from the 'Happiness Trap' in this updated and expanded second edition which unlocks the secrets to a truly fulfilling life. This empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion and find true satisfaction with this bigger and better guide to:

- Reducing stress and worry
- Handling painful thoughts and feelings more effectively
- Breaking self-defeating habits
- Overcoming insecurity and self-doubt
- Building better relationships
- Improving performance and finding fulfilment at work

The Happiness Trap is for everyone. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, or suffering from anxiety or depression, this book will show you how to build authentic happiness, from the inside out.

Psychological research suggests that cognitive behavior therapy (CBT), used alone or in combination with medical therapy, is the most effective treatment for depression. Recent findings, though, suggest that CBT for depression may work through different processes than we had previously suspected. The stated goal of therapeutic work in CBT is the challenging and restructuring of irrational thoughts that can lead to feelings of depression. But the results of recent studies suggest that two other side effects of CBT may actually have a greater impact than thought restructuring on client progress: Distancing and decentering work that helps clients stop identifying with depression and behavior activation, a technique that helps him or her to reengage with naturally pleasurable and rewarding activities. These two components of conventional CBT are central in the treatment approach of the new acceptance and commitment therapy (ACT). This book develops the techniques of ACT into a session-by-session approach that therapists can use to treat clients suffering from depression. The research-proven program outlined in ACT for Depression introduces therapists to the ACT model on theoretical and case-conceptual levels. Then it delves into the specifics of structuring interventions for clients with depression using the ACT method of acceptance and values-based behavior change. Written by one of the pioneering researchers into the effectiveness of ACT for the treatment of depression, this book is a much-needed

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professional resource for the tens of thousand of therapists who are becoming ever more interested in ACT. (Autobiographical).

Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies

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looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

“This book made me happy in the first five pages.” —AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is “a cross between the Dalai Lama’s *The Art of Happiness* and Elizabeth Gilbert’s *Eat, Pray, Love*.” (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of Julie and Julia, *The Happiness Project* describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

Learn how Direct Selling has empowered millions of people to enjoy the 31 essential elements for a good life. This book is full of ideas, skills, tools and solutions that will enlighten, inspire and empower you to build your dream life. Get tools that you can instantly apply to enhance your success and quality of life. There are solutions and breakthrough ideas that will propel you faster to the life you aspire to live. It's like wisdom of a lifetime brought to you in an easy to understand and simple to apply format. Achieve More, Succeed Faster will teach you how to: - Create financial freedom and passive income - Make a 5 step Masterplan to help you achieve your goal - Enjoy lasting happiness and fulfillment - Earn millions while doing what you love to do - Help others to fulfil their dreams - Change habits and break old patterns of behavior - Build a life that is spiritually uplifting - Be a great leader and magnify your influence - Build an empowering circle of friends - Rise faster in your career - Build a new empowering mindset - Be resilient and maintain composure in the face of difficulties This book is also recommended for people who are not into the Direct Selling business but want to understand the real nitty-gritty of this business.

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner’s gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal

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growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

ACTivate Your Life focuses on helping people to be more open, connected and engaged with their lives, demonstrating how Acceptance Commitment Therapy can be used to tackle a range of problems such as low self-esteem, anxiety, anger and depression, as well as providing skills for life enhancement and self-development. Readers are encouraged to

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consider what matters to them and will learn techniques to set life directions based on meaningful values. Readers will also be introduced to mindfulness and learn how to use it in everyday life to connect with their actions, experiences and the people around them. The ACT approach also teaches that it's a normal part of being human to have thoughts and feelings that are unpleasant and the most important thing is to respond effectively when these kinds of experiences arise. The book is aimed at anyone wanting to enhance their life skills, and character stories are used to demonstrate the spectrum of how they might be employed.

A contrarian yet highly engaging account of the spread of illiberal and anti-democratic sentiment throughout our culture that places responsibility on the citizens themselves. Over the past three decades, citizens of democracies who claim to value freedom, tolerance, and the rule of law have increasingly embraced illiberal politicians and platforms. Democracy is in trouble--but who is really to blame? In *Our Own Worst Enemy*, Tom Nichols challenges the current depictions of the rise of illiberal and anti-democratic movements in the United States and elsewhere as the result of the deprivations of globalization or the malign decisions of elites. Rather, he places the blame for the rise of illiberalism on the people themselves. Nichols traces the illiberalism of the 21st century to the growth of unchecked narcissism, rising standards of living, global peace, and a resistance to change. Ordinary citizens, laden with grievances, have joined forces with political entrepreneurs who thrive on the creation of rage rather than on the encouragement of civic virtue and democratic cooperation. While it will be difficult, Nichols argues that we need to defend democracy by resurrecting the virtues of altruism, compromise, stoicism, and cooperation--and by recognizing how good we've actually had it in the modern world. Trenchant, contrarian, and highly engaging, *Our Own Worst Enemy* reframes the debate about how democracies have ended up in this dire state of affairs and what to do about it.

Grounded in the latest research, *Trauma-Focused ACT* presents a highly effective, comprehensive, and trauma-informed treatment guide. If you treat clients with post-traumatic stress disorder (PTSD) or other trauma-related disorders, you need a flexible protocol that also addresses the common symptoms among comorbid conditions. In *Trauma-Focused ACT*, renowned acceptance and commitment therapy (ACT) trainer Russ Harris offers a new and innovative ACT-based protocol for treating trauma in clients, which integrates cutting-edge therapeutic developments to treat the broadest possible range of trauma-related disorders--from anxiety and depression to chronic pain and addiction. Designed for ACT practitioners at all levels of experience and tailored specifically for trauma sensitivities, this unique guide is based on the empirically supported protocol Harris developed for the World Health Organization (WHO) to use in refugee camps. Packed with tools, techniques, strategies, and theory, it also includes links to downloadable resources, including videos, MP3s, and worksheets. If you're looking to integrate ACT for trauma into your practice, this book has everything you

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need to start helping clients live in the present, heal the past, and work toward a better future. In this cutting-edge workbook, you'll learn how to: Help clients find a sense of safety and security in their body Reverse hopelessness and build optimism Rapidly ground and center clients Use values for post-traumatic growth

If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are “stuck” in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it’s not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you’ll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

Free yourself from depression, anxiety and insecurity, and instead build a rich and meaningful life, with the world’s best-selling guide to Acceptance and Commitment Therapy (ACT) There is a growing number of people who feel something is missing from their lives; that despite financial or family success they are not truly happy. Unfortunately, popular psychological approaches are making it even worse! In *The Happiness Trap*, Dr Russ Harris provides a means to escape this epidemic of stress, anxiety and depression, unlocking the secrets to a truly fulfilling life. Updated and expanded in its second edition, this empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion and find true satisfaction with this bigger and better guide to: - Reducing stress and worry - Handling painful thoughts and feelings more effectively - Breaking self-defeating habits - Overcoming insecurity and self-doubt - Building better relationships - Improving performance and finding fulfilment at work *The Happiness Trap* is for

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everyone. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, or suffering from anxiety or depression, this book will show you how to build authentic happiness, from the inside out.

Every leader values integrity, but far too few live it out. The founders of Living Wholehearted, Jeff and Terra Mattson, find that most high-capacity leaders have experienced childhood trauma and use leadership as a way to cope. In *Shrinking the Integrity Gap*, the Mattsons remind readers that integrity is a way of being and not a one-time event. Providing long-term solutions rooted in grace, they explore the following: The symptoms and systemic impact of the integrity gap How a leader's unresolved story impacts their influence Ways to overcome the loneliness and effects of leadership Healthy leadership habits for wholehearted leadership Integrating biblical truth, clinical research, relational wisdom, and real stories, *Shrinking the Integrity Gap* equips readers to become the kind of leader anyone would want to follow.

In this devastatingly witty new book, Carl Cederström traces our present-day conception of happiness from its roots in early-twentieth-century European psychiatry, to the Beat generation, to Ronald Reagan and Donald Trump. He argues that happiness is now defined by a desire to be "authentic", to experience physical pleasure, and to cultivate a quirky individuality. But over the last fifty years, these once-revolutionary ideas have been co-opted by corporations and advertisers, pushing us to live lives that are increasingly unfulfilling, insecure and narcissistic. In an age of increasing austerity and social division, Cederström argues that a radical new dream of happiness is gathering pace. There is a vision of the good life which promotes deeper engagement with the world and our place within it, over the individualism and hedonism of previous generations. Guided by this more egalitarian worldview, we can reinvent ourselves and our societies.

Why is it that despite our best efforts, many of us remain fundamentally unhappy and unfulfilled in our lives? In this provocative and inspiring book, David Richo distills thirty years of experience as a therapist to explain the underlying roots of unhappiness—and the surprising secret to finding freedom and fulfillment. There are certain facts of life that we cannot change—the unavoidable "givens" of human existence: (1) everything changes and ends, (2) things do not always go according to plan, (3) life is not always fair, (4) pain is a part of life, and (5) people are not loving and loyal all the time. Richo shows us that by dropping our deep-seated resistance to these givens, we can find liberation and discover the true richness that life has to offer. Blending Western psychology and Eastern spirituality, including practical exercises, Richo shows us how to open up to our lives—including to what is frightening, painful, or disappointing—and discover our greatest gifts.

The bestselling author of *UnSelfie* explains why the old markers of accomplishment (grades, test scores) are no longer reliable predictors of success in the 21st century -- and offers 7 teachable traits that will safeguard our kids for the future.

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Michele Borba has been a teacher, educational consultant, and parent for 40 years -- and she's never been more worried than she is about this current generation of kids. The high-achieving students she talks with every day are more accomplished, better educated, and more privileged than ever before. They're also more stressed, unhappier, and struggling with anxiety, depression, and burnout at younger and younger ages -- "we're like pretty packages with nothing inside," said one young teen. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Dr. Borba combed scientific studies on resilience, spoke to dozens of researchers/experts in the field and interviewed more than 100 young people from all walks of life, and she found something surprising: the difference between those who struggle and those who succeed comes down not to grades or test scores, but to seven character traits that set Thrivers apart (and set them up for happiness and greater accomplishment later in life). These traits--confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism--will allow kids to roll with the punches and succeed in life. And the even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In Thrivers, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

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 controversial, but empowering self-help book, Dr Russ Harries, 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 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 book provides scientifically proven techniques to: Reduce stress and worry. Rise above fear, doubt and insecurity. Break self-defeating habits. Improve performance and find fulfilment in your work. Build more satisfying relationships. Create a rich, full and meaningful life.

Life's too short to be unhappy at work "I'm working harder than I ever have, and I don't know if it's worth it anymore." If you're a manager or leader, these words have probably run through your mind. So many of us are feeling fed up, burned out, and unhappy at work: the constant pressure and stress, the unending changes, the politics--people feel as though they can't give much more, and performance is suffering. But it's work, after all, right? Should we even expect to be fulfilled and happy at work? Yes, we should, says Annie McKee, coauthor of the bestselling Primal Leadership. In her new transformative book, she makes the most compelling case yet that happiness--and the full engagement that comes

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with it--is more important than ever in today's workplace, and she sheds new light on the powerful relationship of happiness to individual, team, and organizational success. Based on extensive research and decades of experience with leaders, this book reveals that people must have three essential elements in order to be happy at work: A sense of purpose and the chance to contribute to something bigger than themselves A vision that is powerful and personal, creating a real sense of hope Resonant, friendly relationships With vivid and moving real-life stories, the book shows how leaders can use these powerful pillars to create and sustain happiness even when they're under pressure. By emphasizing purpose, hope, and friendships they can also ensure a healthy, positive climate for their teams and throughout the organization. How to Be Happy at Work deepens our understanding of what it means to be truly fulfilled and effective at work and provides clear, practical advice and instruction for how to get there--no matter what job you have.

The authors offer unique insights into the factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us running at maximum efficiency and vitality. A wake-up call to even the most health conscious people, The Pleasure Trap boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisel, Ph.D., and Alan Goldhamer, D.C., provide a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for well

'A passionate, provocative book. It isn't just a self-help book. It is a manifesto for a better society' Sunday Times 'One of the most rigorous articulations of the new mood of acceptance...a persuasive demolition of many of our cultural stories about how we ought to live' Oliver Burkeman, Guardian Paul Dolan, the bestselling author of Happiness by Design, shows us how to escape the myth of perfection and find our own route to happiness. Be ambitious; find everlasting love; look after your health ... There are countless stories about how we ought to live our lives. These narratives can make our lives easier, and they might sometimes make us happier too. But they can also trap us and those around us. In Happy Ever After, bestselling happiness expert Professor Paul Dolan draws on a variety of studies ranging over wellbeing, inequality and discrimination to bust the common myths about our sources of happiness. He shows that there can be many unexpected paths to lasting fulfilment. Some of these might involve not going into higher education, choosing not to marry, rewarding acts rooted in self-interest and caring a little less about living forever. By freeing ourselves from the

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myth of the perfect life, we might each find a life worth living.

If you could only get past feelings of embarrassment, fear, self-criticism, and self-doubt, how would your life be different? You might take more chances and make more mistakes, but you'd also be able to live more freely and confidently than ever before. *Get Out of Your Mind and Into Your Life for Teens* is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain. The emotions aren't going anywhere, but you can find out how to deal with them. Once you do, you will become a mindful warrior—a strong person who handles tough emotions with grace and dignity—and gain many more friends and accomplishments along the way. Based in proven-effective acceptance and commitment therapy (ACT), this book will arm you with powerful skills to help you use the power of mindfulness in everyday situations, stop finding faults in yourself and start solving your problems, how to be kinder to yourself so you feel confident and have a greater sense of self-worth, and how to identify the values that will help you create the life of your dreams.

The “reality slap” takes many different forms. Sometimes, it's more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it's a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing's for sure—it hurts! And most of us don't deal with the pain very well. *The Reality Slap* offers a four-part path for healing from crises based on acceptance and commitment therapy. In these pages, you will learn how to:

- Find peace in the midst of your pain
- Rediscover calm in the midst of chaos
- Turn difficult emotions into wisdom and compassion
- Find fulfillment, even when you can't get what you want
- Heal your wounds and emerge stronger than before

Unlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide.

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment – 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 Harries, 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

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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.

The Happiness Trap Stop Struggling, Start Living Exisle Publishing

The epidemic of depression in America strikes 30% of all children. Now Martin E. P. Seligman, the best-selling author of Learned Optimism, and his colleagues offer parents and educators a program clinically proven to cut that risk in half. With this startling new research, parents can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health. These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence. Over the last thirty years the self-esteem movement has infiltrated American homes and classrooms with the credo that supplying positive feedback, regardless of the quality of performance, will make children feel better about themselves. But in this era of raising our children to feel good, the hard truth is that they have never been more depressed. As Dr. Seligman writes in this provocative new book, "Our children are experiencing pessimism, sadness, and passivity on

Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, The Confidence Gap explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

A unique collaboration between cartoonist/author Bev Aisbett and Dr Russ Harris, this is an illustrated, simplified pocketbook version of Russ's original, international bestseller 'The Happiness Trap'. It's an easy-to-read introduction to all those powerful life-changing ideas or a great refresher course for those already familiar with the

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approach. Commonplace ideas about happiness are often misleading, inaccurate and likely to make you miserable in the long term. For example, positive thinking often does not work — and research shows it actually makes some people feel worse! So open 'The Happiness Trap Pocketbook' and learn how a new scientifically proven, mindfulness-based approach called Acceptance and Commitment Therapy (better known as ACT) can help you find genuine wellbeing and fulfilment. Whether you're lacking confidence, facing illness, stressed at work, struggling with low self-esteem, trying to lose weight or quit smoking, or just wanting to be happier, healthier, and more fulfilled — in this book you will learn effective techniques to:

- reduce stress and worry
- rise above fear, doubt and insecurity
- handle painful thoughts and feelings more effectively
- break self-defeating habits
- develop self-acceptance and self-compassion
- let go of inaccurate and misleading (but very popular) ideas about happiness, and
- create a rich, full and meaningful life.

'Refreshing, heartfelt and humble...a game changer in promoting positive mental health' Sarah Turner, bestselling author of THE UNMUMSY MUM There's a damaging misconception in society that putting ourselves first is an act of selfishness. But self-care is not just a millennial buzzword. Without the restorative power of self-care, how will we ever escape the vicious circle where we're sick and fed-up of feeling sick and fed-up? Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' The Independent

This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones.

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To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

The #1 international bestseller from the author of *The Book of Awesome* that “reveals how all of us can live happier lives” (Gretchen Rubin). What is the formula for a happy life? Neil Pasricha is a Harvard MBA, a New York Times–bestselling author, a Walmart executive, a father, a husband. After selling more than a million copies of the *Book of Awesome* series, wherein he observed the everyday things he thought were awesome, he now shifts his focus to the practicalities of living an awesome life. In his new book *The Happiness Equation*, Pasricha illustrates how to want nothing and do anything in order to have everything. If that sounds like a contradiction in terms, you simply have yet to unlock the 9 Secrets to Happiness. Each secret takes a piece out of the core of common sense, turns it on its head to present it in a completely new light, and then provides practical and specific guidelines for how to apply this new outlook to lead a fulfilling life. Once you've unlocked Pasricha's 9 Secrets, you will understand counter intuitive concepts such as: Success Does Not Lead to Happiness, Never Take Advice, and Retirement Is a Broken Theory. You will learn and then master three brand-new fundamental life tests: the Saturday Morning Test, The Bench Test, and the Five People Test. You will know the difference between external goals and internal goals and how to make more money than a Harvard MBA (hint: it has nothing to do with your annual salary). You will discover that true wealth has nothing to do with money, multitasking is a myth, and the elimination of options leads to more choice. *The Happiness Equation* is a book that will change how you think about pretty much everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus. *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

“Differentiating yourself from your peers is the challenge that every professional faces. This book gives you the clarity, process and confidence to make yourself stand out in a crowded market place.” Toni Hunter, Partner, George Hay Chartered Accountants “This easy-to-read book shows you how to build a firm foundation to win business regularly from your network. Highly recommended for any corporate professional or small business owner.” Charlie Lawson, National Director, BNI UK & Ireland The Go-To Expert provides no-nonsense advice on managing your transition into a well-known and trusted name within your industry. Discover: Simple steps to build your profile How to market and sell yourself with ease and confidence Techniques to make your clients come to you “If you want to move your career on, shifting

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from being just another professional advisor to being truly recognised as a go-to expert, this book will show you the way.” Richard Newton, award-winning author of The Management Book

The Heinemann Plays series offers contemporary drama and classic plays in durable classroom editions. Many have large casts and an equal mix of boy and girl parts. This play is a dramatization of Daniel Keyes's story about a retarded adult who desperately wants to be able to read and write.

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated-and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. Don't Let Your Emotions Run Your Life for Teens is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy (DBT), a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you: •Stay calm and mindful in difficult situations •Effectively manage out-of-control emotions •Reduce the pain of intense emotions •Get along with family and friends

"In all my years studying personal growth, Acceptance and Commitment Therapy is one of the most useful tools I've ever come across, and in this book, Dr. Hayes describes it with more depth and clarity than ever before."-Mark Manson, #1 New York Times best-selling author of The Subtle Art of Not Giving a F*ck Life is not a problem to be solved. ACT shows how we can live full and meaningful lives by embracing our vulnerability and turning toward what hurts. In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. These skills have been shown to help even where other approaches have failed. Science shows that they are useful in virtually every area--mental health (anxiety, depression, substance abuse, eating disorders, PTSD); physical health (chronic pain, dealing with diabetes, facing cancer); social processes (relationship issues, prejudice, stigma, domestic violence); and performance (sports, business, diet, exercise). How does psychological flexibility help? We struggle because the problem-solving mind tells us to run from what causes us fear and hurt. But we hurt where we care. If we run from a sense of vulnerability, we must also run from what we care about. By learning how to liberate ourselves, we can live with meaning and purpose, along with our pain when there is pain. Although that is a simple idea, it resists our instincts and programming. The flexibility skills counter those ingrained tendencies. They include noticing our thoughts with curiosity, opening to our emotions, attending to what is in the present, learning the art of perspective taking, discovering our deepest values, and building habits based around what we deeply want. Beginning with the epiphany Steven Hayes had during a panic attack, this book is a powerful narrative of scientific discovery filled with moving stories as well as advice for how we can put flexibility skills to work immediately. Hayes shows how allowing ourselves to feel fully and think freely moves us toward commitment to what truly matters to us. Finally, we can live lives that reflect the qualities we choose.

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