

The Happiness Trap Stop Struggling Start Living

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 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

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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?

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

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shows us how to open up to our lives—including to what is frightening, painful, or disappointing—and discover our greatest gifts.

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"Jenny made me laugh so hard I feared for my safety! I think that's how she was able to get past my defenses and make me feel more okay about myself." -Allie Brosh, author of *Hyperbole and a Half*

For fans of David Sedaris, Tina Fey, and Mindy Kaling—the new book from Jenny Lawson, author of the #1 New York Times bestseller *LET'S PRETEND THIS NEVER HAPPENED...* In *LET'S PRETEND THIS NEVER HAPPENED*, Jenny Lawson baffled readers with stories about growing up the daughter of a taxidermist. In her new book, *FURIOUSLY HAPPY*, Jenny explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. And terrible ideas are what Jenny does best. According to Jenny: "Some people might think that being 'furiously happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invite a herd of kangaroos into their house. Two is the limit. I speak from personal experience. My husband

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says that none is the new limit. I say he should have been clearer about that before I rented all those kangaroos." "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote in *The Breakfast Club*, 'We're all pretty bizarre. Some of us are just better at hiding it.' Except go back and cross out the word 'hiding.'" Jenny's first book, *LET'S PRETEND THIS NEVER HAPPENED*, was ostensibly about family, but deep down it was about celebrating your own weirdness. *FURIOUSLY HAPPY* is a book about mental illness, but under the surface it's about embracing joy in fantastic and outrageous ways—and who doesn't need a bit more of that?

Are you looking for a better life—one filled with true contentment and joy? Everyone wants to be happy, but somewhere along the way, we fall into “traps” that prevent us from reaching our potential, our goals, and the lives we want. Sure to be a classic in the self-help genre, *Practicing Happiness* utilizes a cutting-edge transdiagnostic approach at the forefront of contemporary behavioral therapy to help you break free from these psychological traps, once and for all. In this important and groundbreaking workbook, internationally-recognized mindfulness expert Ruth Baer discusses the four most common psychological traps that people get stuck in:

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rumination, avoidance, emotion-driven behavior, and self-criticism. To help you get past these traps, Baer provides powerful, proven-effective mindfulness strategies, exercises, and worksheets to guide you, step-by-step, to the life that you deserve. Chapter by chapter, you will learn how to apply these mindfulness skills in everyday situations. And with practice, you'll find yourself taking control of your thoughts and feelings in a new way. Instead of falling back on familiar habits, such as self-criticism, you will learn to foster an attitude of kindness and curiosity toward both yourself and the world around you. By following the exercises and tips outlined in this clear, helpful guide, you will learn to truly transform your mind—and your life!

(Autobiographical).

This book shows you how to apply (ACT), Acceptance and Commitment Therapy in your life to increase self-awareness, develop emotional intelligence, enhance relationships, create a sense of meaning and purpose, and transform painful thoughts and feelings so they have less impact in your life.

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

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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

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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.

The groundbreaking psychology and self development book with step-by-step plans to achieve emotional health and clarity. “Emotional Chaos to Clarity is a masterwork. Be inspired by the possibilities it opens.” —Jack Kornfield, Ph.D., author of *The Wise Heart* Despite our best-laid plans, life is difficult, and we sometimes experience anger, anxiety, frustration, and doubt. This emotional chaos can negatively affect the way we live our lives. Yet, Phillip Moffitt shows us that by cultivating a responsive mind rather than a reactive one, we can achieve a state of emotional clarity that allows us to act with a calm mind and a loving heart. Drawing on both Western psychology and Buddhist philosophy, Moffitt’s step-by-step exercises help us to:

- Know and act from our core values at all times
- Gain wisdom from both pleasant and unpleasant experiences
- Free ourselves from the past

Achieve a peaceful inner life, even if our outer life is filled with challenges

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

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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-

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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.

"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,

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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. Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that “stuckness” into powerful personal growth. Acceptance and commitment therapy (ACT) is a

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highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction—that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session. In the tradition of the hugely popular professional guide *ACT Made Simple*, *ACT Questions and Answers* offers practical tools for overcoming common sticking points in-session. You'll find effective tips and strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. You'll also find links to free downloadable resources. If you are new to ACT—or just want to improve your delivery—this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

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

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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

Are you truly in danger or has your brain simply "tricked" you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT), this book is designed to help you break the cycle of worry. Worry convinces us there's danger, and then tricks us into getting into fight, flight, or freeze mode—even when there is no danger. The

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techniques in this book, rather than encouraging you to avoid or try to resist anxiety, shows you how to see the trick that underlies your anxious thoughts, and how avoidance can backfire and make anxiety worse. If you're ready to start observing your anxious feelings with distance and clarity—rather than getting tricked once again—this book will show you how.

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 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.

Popular myths about love set us up for a struggle

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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.

Everyone wants happiness and success, yet the pursuit of both has never been more elusive. As work and personal demands rise, we try to keep up by juggling everything better, moving faster, and doing more. While we might succeed in the short term, this approach comes at a high cost in the long term: it hurts our well-being, our relationships, and—paradoxically—our productivity. In this life-changing book, Emma Seppälä explains that the reason we are burning ourselves out is that we fall for outdated theories of success. We are taught that getting ahead means doing everything that's thrown at us with razor-sharp focus and iron discipline, that success depends on our drive and talents, and that achievement cannot happen without stress. The Happiness Track demolishes these counterproductive theories. Drawing on the latest scientific research on happiness, resilience, willpower, compassion, positive stress, creativity, and mindfulness, Seppälä demonstrates that being happy is the most productive thing we can do to thrive—whether at work or at home. She shares practical strategies for

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applying these scientific findings to our daily lives. A fulfilling, successful, and anxiety-free life is within your reach. The Happiness Track will show you the way.

Happiness Is the Fast Track to Success “Are you a hard-driving, multitasking, conscientiously striving professional? Then your ideas about success are probably all wrong—and you need The Happiness Track, Dr. Emma Seppälä’s investigation into the counter-intuitive factors that create career and life success. The best news of all? All these skills are well within your grasp.”—Daniel H. Pink, author of *Drive* and *A Whole New Mind* “Emma Seppälä convinces us that reconfiguring our brain for happiness can change the way our lives unfold and the way we approach success. A worthwhile read for anyone who wants to achieve a successful and fulfilling life.”—Amy Cuddy, professor at Harvard Business School and author of *Presence* “Backed by extensive research in psychology and neuroscience, The Happiness Track offers a wealth of insight on changing how we approach our work, our personal lives, and our relationships. It’s a carefully researched, engaging look at how to improve ourselves without losing our authenticity or our sanity.”—Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* and *Originals* “Through her research-backed strategies, Emma Seppälä teaches us not only how to thrive in our chosen profession, but how to stay true to ourselves—and enjoy every moment of the process.”—Susan Cain, cofounder of Quiet Revolution and New York Times bestselling author of *Quiet* “For decades we’ve been tied to

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theories of success that have burned us out and driven us into the ground—because we don't know of any alternatives. The Happiness Track provides us with a highly readable, science-backed solution to obtaining sustainable success, the sort of success we are all really striving for, that leaves us fulfilled, happy, and healthy.”—Scott Barry Kaufman, Ph.D., scientific director at the Imagination Institute at the University of Pennsylvania

Behind closed doors, the real games begin... Winning it big. That's the name of the game at Las Vegas's Liege Hotel and Casino, where the hottest fantasies hinge on a roll of the dice...and the tantalizing knowledge that anything could happen before sunrise. Cocktail waitress Carinna wants a man to tie her up, not tie her down. Little does she know that her most willing partner yet has something else planned for this fiery Latina bombshell. Dahlia is a burlesque dancer with a brain for business and a bod for sin. Her latest admirer may be a sweet-talking Casanova, but despite what he thinks she's not giving anything away free. Meanwhile, Amy has the perfect plan to rob the Liege Casino blind...until the intimidating owner catches her red-handed. Now she knows she's going to pay...with both pleasure and pain. Professional shill Cassidy is ready to experience a breathless rendezvous with her "friend with benefits." But when he proposes five delicious nights of sexy blackjack, the stakes have never been so high.

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

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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.

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-

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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 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

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

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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 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 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 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

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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.

Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to

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weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to “turn off” anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

Acceptance and Commitment Therapy for Christian Clients is an indispensable companion to *Faith-Based ACT for Christian Clients*. The workbook offers a basic overview of the goals of ACT, including concepts that overlap with Christianity. Chapters devoted to each of the six ACT processes include biblical examples, equivalent concepts from the writings of early desert Christians, worksheets for clients to better understand and apply the material, and strategies for clients to integrate a Christian worldview with the ACT-based processes. Each chapter also includes several exercises devoted to contemplative prayer and other psychospiritual interventions.

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It's time to enter the world of Max Strummer, a 30-something doctor who moonlights as a stand-up comedian. His medical practice is booming, his comedy career is taking off and his three-year relationship with Sarah is thriving. But everything crashes the night he catches Sarah in bed with another woman.

Practical skills grounded in acceptance and commitment therapy (ACT) to help you bounce back when life knocks you down. Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster—nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful life—even in the face of adversity. You'll also find tools to help you deal with painful memories, create your own healing “grief rituals,” and transform difficult emotions into unexpected allies. Finally, you'll learn how mindfulness and self-compassion can help keep you grounded, even when it seems like your world is in free fall. If you're ready to start building the resilience needed to heal

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from loss or thrive in the face adversity, this guide will show you how to get there, one step at a time. The practice of Acceptance and Commitment Therapy (ACT) is made even more accessible in this fun, easy-to-understand, and illustrated companion to *The Happiness Trap*. There's this idea going around that we're always supposed to be happy—and it's making us miserable. The good news is, if you can learn to let go of that impossible expectation, your life will be a whole lot happier. Acceptance and Commitment Therapy (ACT) is a simple, self-administered therapy that uses mindfulness to enable you to do just that. In this follow-up to his bestselling *The Happiness Trap*, Russ Harris shows how you, like millions of other people, can use ACT to start living a life that's far richer, fuller, and more meaningful. You will learn how ACT can help you:

- Reduce stress and worry
- Handle painful feelings and thoughts more effectively
- Break self-defeating habits
- Overcome insecurity and self-doubt
- Recognize and treasure the whole range of emotions that make up a satisfying life

Build a more satisfying and meaningful life with this best-selling guide to freeing yourself from depression, anxiety, and insecurity through Acceptance and Commitment Therapy. 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

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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

“ . . . a powerful beacon showing us another way forward.” —Steven Hayes, PhD, author of *Get Out of Your Mind and Into Your Life*

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

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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.

Why do we suffer? Is there a purpose to our pain? Noting that human beings have wrestled with such questions for thousands of years, Phillip Moffitt has found answers for his own life in Buddhist philosophy and meditation. Reflecting on his own journey from Esquire magazine editor-in-chief to Buddhist meditation teacher, Moffitt provides a fresh perspective on the Buddha's ancient wisdom, showing how to move from suffering to new awareness and unanticipated joy. In this deeply spiritual book that is sure to become a Buddhist classic, Moffitt explores the twelve insights that underlie the Buddha's core teaching--the Four Noble Truths--and uses these often neglected ideas to

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guide readers to a more meaningful relationship to suffering. Moffitt write: "These twelve insights teach you to dance with both the joy and pain, finding peace in a balanced mind and calm spirit. As the most specific, practical life instructions I have ever encountered, they serve as an invaluable tool for anyone who seeks a life filled with meaning and well-being." Practicing these twelve insights, as Moffitt suggests, will help readers experience life's difficulties without being filled with stress and anguish, and they will enhance their moments of happiness. With engaging writing and a strong message of self-empowerment, *Dancing with Life* offers a prescriptive path for finding joy and peace that will appeal to meditation students and readers of "Dharma Wisdom," Moffitt's column in *Yoga Journal*, as well as anyone searching for a more authentic life.

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

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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.

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 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

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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.

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

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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.

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.

What if almost everything you believed about findings happiness turned out to be inaccurate, misleading, or false? And what if those very beliefs were making you miserable? What if your efforts to find happiness were actually preventing it? And what if al

Whether it manifests itself as worry, fear, rumination, obsession, compulsion, or shyness, anxiety is everywhere,

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and it causes no end of trouble for just about all of us. But at its core, anxiety serves an important purpose: to neutralize uncomfortable ambiguities. This book begins with a whirlwind tour of anxiety: what causes it, what we think about it, and what it might look like. Then the book looks at some of the approaches to treating anxiety and poses an intriguing question: What if you don't need to get rid of anxiety in order to live a terrific life? Things Might Go Terribly, Horribly Wrong approaches this breakaway hypothesis through the mechanisms of acceptance and commitment therapy (ACT) and presents a series of thinking points and short games readers can do to easily and effectively begin to incorporate ACT techniques into their lives. This book is not a full-scale self-help approach for someone with serious anxiety problems, but an easy way for readers who have wrestled with worry, fear, and shyness to put those feelings into perspective and focus instead on what they want to do in life. This book will help readers foster the flexibility they need to keep from succumbing to the avoidant forces of anxiety and open themselves to the often uncomfortable complexities and possibilities of life.

Living with Obsessive Compulsive Disorder can be a bewildering experience. The daily battle taking place in your brain can leave you feeling lost without a compass. But you don't have to take this journey alone. The OCD Travel Guide provides you with the strategies you need to recognize your OCD symptoms, reduce the influence these symptoms are having over your life, and prioritize your own internal compass over OCD's "Bad Directions." Employing evidence-based strategies from Exposure and Response Prevention (ERP) and Acceptance and Commitment Therapy (ACT), The OCD Travel Guide will prove invaluable to anyone trying to find their way in the world, while living with OCD.

For a scientist committed to empirical evaluation, it is

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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 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.

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. 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.

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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.

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

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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.

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