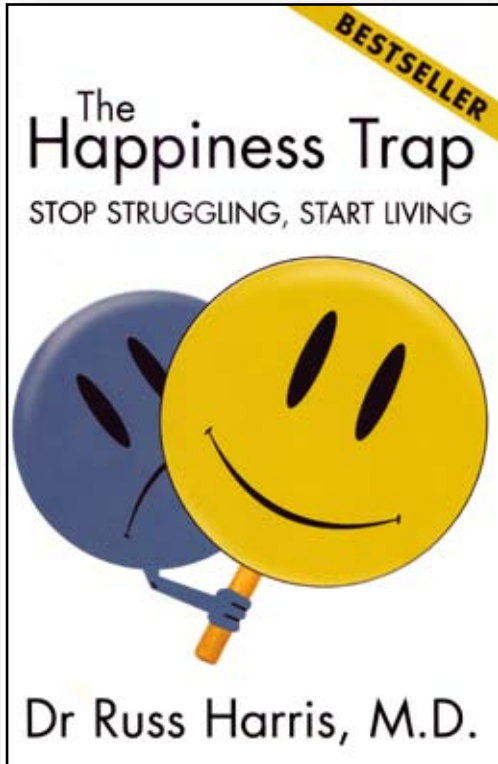


The Happiness Trap

STOP STRUGGLING, START LIVING



The *Happiness Trap* is a guide to Acceptance & Commitment Therapy (ACT), the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment.

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 Harris M.D., reveals how millions of people are unwittingly caught in "the happiness trap!". He then provides effective means to escape, through a revolutionary new approach which is shaking the very foundations of western psychology.

For more information, contact QuiHN:

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