



# The Illustrated Happiness Trap: How to Stop Struggling and Start Living

*Russ Harris*

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**The life-changing practice of applied mindfulness called ACT is made even more accessible in this fun and easy-to-understand volume that illustrates all the principles with entertaining cartoons.**

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. This fun, illustrated guide to the method that's made life better for millions is the easiest way yet to learn how to escape the happiness trap and start living a life that's far richer, fuller, and more meaningful.

With ACT you'll learn to:

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

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