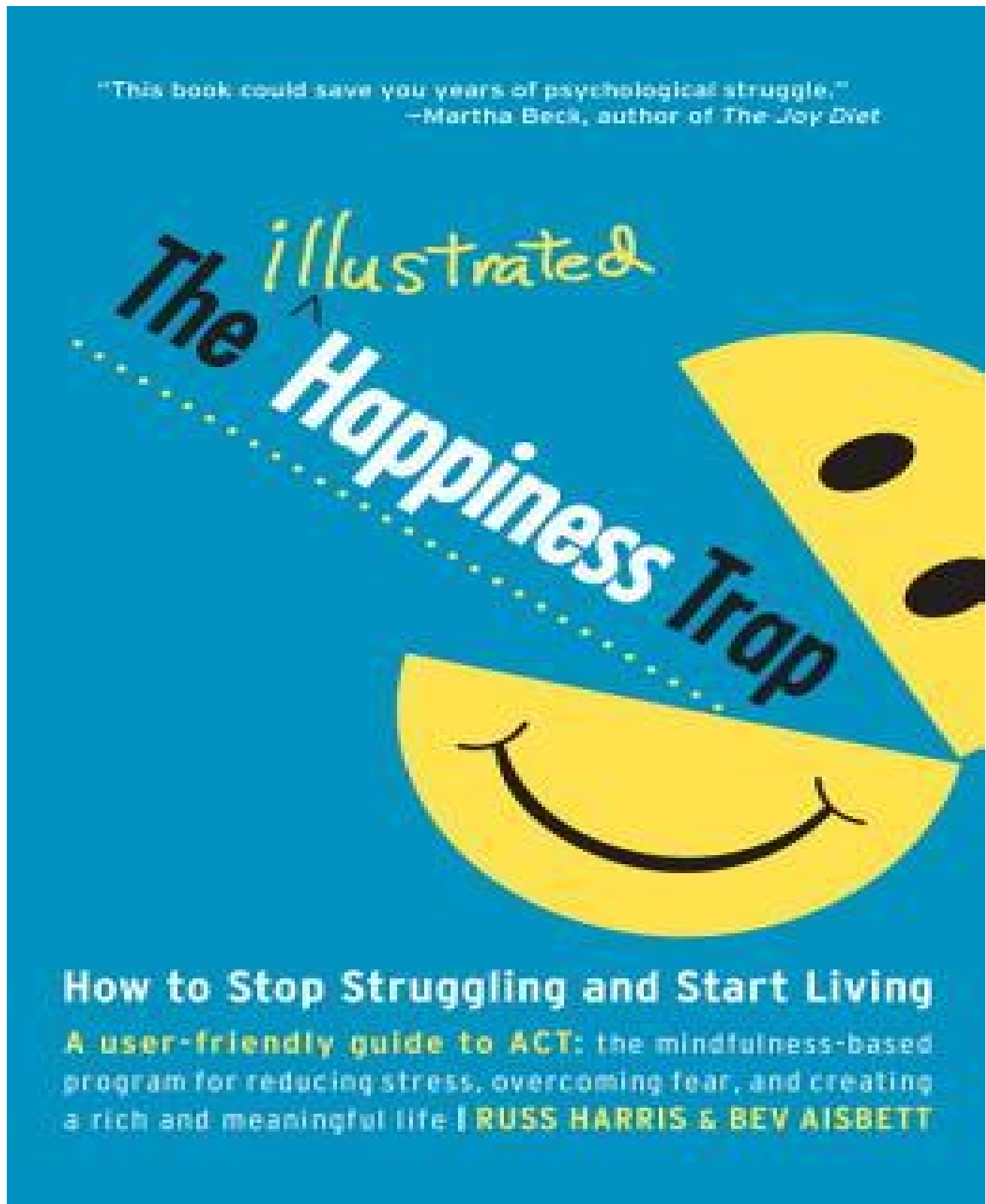
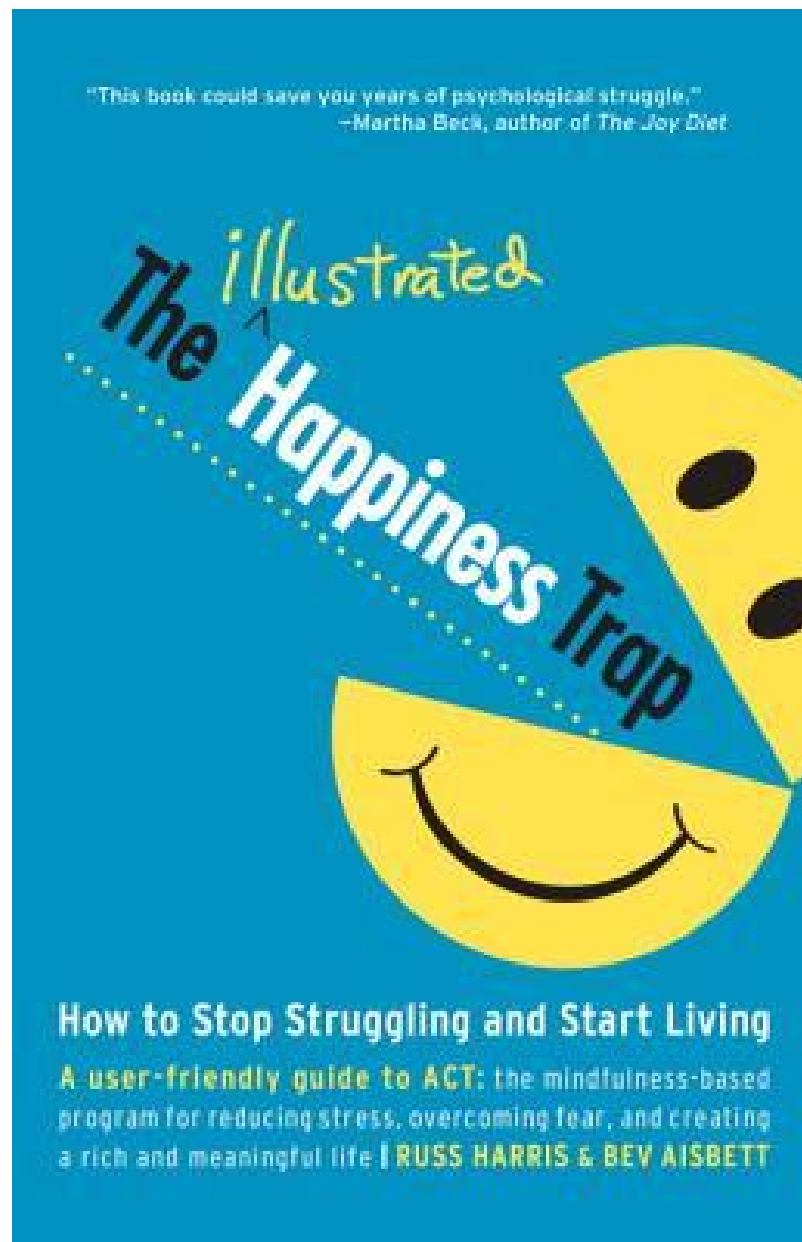


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**The Illustrated Happiness Trap: How to Stop Struggling and Start Living  
by Russ Harris**



## Synopsis:=====

A profusely illustrated, fun way for anyone to understand the principles of Acceptance and Commitment Therapy (ACT), the liberating life practice described in Russ Harris's best-selling *The Happiness Trap*. 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. Acceptance and Commitment Therapy (ACT) can help readers reduce stress and worry; handle painful feelings and thoughts more effectively; break self-defeating habits; overcome insecurity and self-doubt; and create a rich, full, and meaningful life--all through mindfulness techniques anyone can do.

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