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The Scavenger

SALVAGING WHAT'S LEFT AFTER THE MASSES HAVE HAD THEIR FEED

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The Happiness Trap

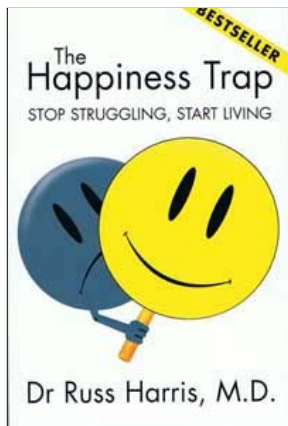
Dr Russ Harris, MD

[Exisle Publishing](#)

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Popular myths about happiness are directly contributing to our epidemic of stress, anxiety and depression - and many psychological remedies are making it even worse. In this easy-to-read, practical and empowering self-help book, Dr Harris reveals how millions of people are unwittingly caught in 'The Happiness Trap'. We're so busy trying to keep ourselves happy that we are having the opposite effect. What we need to do is acknowledge all our negative thoughts and actions, but not let them affect our life. We learn how to do this through a revolutionary new paradigm in Western psychology. Mindfulness is a transformative mental state of awareness, openness and focus, and thanks to a radical new approach that combines the best of Western and Eastern practice, coined Acceptance and Commitment Therapy, or ACT, we can now learn these powerful life-changing techniques in a matter of minutes. It's not based on any religion or particular spiritual practice.

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