Free yourself from the shackles of depression, anxiety and stress, and instead build a rich and meaningful life, with the world's best-selling guide to Acceptance and Commitment Therapy (ACT).

The 2nd edition of this million-copy bestseller has **over 50% brand new material**. There are new tools, techniques and exercises; new information about the nature and purpose of emotions (and how to overcome emotional numbness); many new topics and chapters, including how to break bad habits, push through procrastination, stop panic attacks, disrupt worrying and obsessing, deal with values conflicts and difficult dilemmas, overcome 'people pleasing' and perfectionism; practical tips for those suffering from trauma; and last, but definitely not least, a stack of new material on self-compassion.

*Please freely share the resources in this document with anyone you think may benefit.*
Chapter 2

Choice point diagram

Chapter 3

Worksheet: Struggle Strategies & Their Costs
Daily Journal: Costs of Struggle

Chapter 5

Audio MP3: 4 minute version of dropping anchor
Audio MP3: 8 minute version of dropping anchor
Audio MP3: 11 minute version of dropping anchor

Chapter 9

Audio MP3: Focusing on your breath

Chapter 10

40 Common Values

Chapter 11

Kind words and actions worksheet

Chapter 14

Audio MP3: Making room for feelings (the 'Physicalising Emotions' exercise)
Practical Tips: Learning to name your emotions

Chapter 15

Audio MP3: An exercise in kind self-touch (the 'Kind Hand' exercise)

Chapter 17

Audio MP3: Brief Body Scan (5 mins)
Audio MP3: Medium-length Body Scan (13 mins)
Audio MP3: Long Body Scan (33 mins)

Chapter 18

Audio MP3: Dipping in and out of the stream

Chapter 19

Audio MP3: watching your thoughts (the 'leaves on a stream' exercise)
Audio MP3: 'listening in' to your thoughts
Chapter 20

Audio MP3: 'Giving support' exercise ('compassion for the younger you')

Chapter 21

Audio MP3 'Appreciating your hand'

Chapter 22

Worksheet: Flavouring and Savouring

Chapter 23

Worksheet: Values Squares

Worksheet: Setting short-term goals

Chapter 26

Breaking bad habits worksheet

A list of 300 pleasant activities

Chapter 27

Daily record: new behaviour & its benefits; old behaviour & its costs

Chapter 29

Audio MP3: Handling Setbacks

(Note from Russ: I didn't mention this audio in The Happiness Trap. I originally recorded it for another book, The Reality Slap. But, at the last minute, I thought it would be useful to add it here. As the name suggests, it helps you to handle those inevitable setbacks, disappointments and failures we all repeatedly have.)

Facebook Groups

Anyone using this book for personal growth is very welcome to join the Happiness Trap Online Facebook group: https://www.facebook.com/groups/1880045398677806

Professional ACT practitioners (e.g. therapists, coaches, doctors, nurses, counsellors, psychologists, social workers, OTs, dietitians, BCBAs, etc.) who use this book with their clients or patients are welcome to join the ACT Made Simple Facebook group:

https://www.facebook.com/groups/941642582695315