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To stop struggling with difficult thoughts and feelings and find genuine happiness and purpose in life.

Fortunately, there is a way to escape from the 'Happiness Trap', a ground-breaking new approach based on mindfulness skills. Using the six principles of Acceptance and Commitment Therapy (ACT), Russ Harris can help you to: * Reduce stress and worry. * Rise above fear, doubt and insecurity. * Handle painful thoughts and feelings more effectively. * Break self-defeating habits.

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