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wherein real "happiness" truly resides. The Happiness Trap is a book for all " therapists and clients alike " it makes the skills of mindfulness accessible and applicable to everyday living. Christine Burke, Psychologist BA Dip Ed, M Ed (Counselling Psychology) Happiness is an elusive state. Highly valued, relentlessly perused, rarely experienced.

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A unique collaboration between cartoonist/author Bev Aislett and Dr Russ Harris, this is an illustrated, simplified pocketbook version of Russ's™ original, international bestseller "The Happiness Trap"™.

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Now, in The Happiness Trap Pocketbook, Dr Harris joins forces with acclaimed illustrator and self-help author, Bev Aislett, to produce this illustrated, engaging and genuinely helpful guide to breaking free of 'the happiness trap' and finding a true sense of wellbeing.

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The Happiness Trap Pocketbook: An Illustrated Guide on How

And this psychological trap is so well hidden, we don't even have a clue that we're caught and controlled by it. That's the bad news. The good news is there's hope. You can learn how to recognise the "happiness trap" and, more importantly, you can learn how to climb out of it and stay out.

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