

OVER ONE MILLION COPIES SOLD

# The HAPPINESS TRAP

Second Edition  
Over 50% new  
material



**How to Stop Struggling and Start Living**

A guide to ACT: the mindfulness-based program for reducing stress and anxiety, overcoming depression, developing self-compassion, and creating a rich and meaningful life

**RUSS HARRIS**

Renewed Minds Counseling, LLC  
Presents the:

## May & June 2024 Virtual Book Club Selection



Join us for a great discussion online.  
<https://www.facebook.com/groups/1061739591589403/>