

You loved your last book...but what
are you going to read next?

Using our unique guidance tools, Love**reading** will help you find new books to keep you inspired and entertained.

Opening Extract from...

The Happiness Trap Pocketbook

Written by Dr Russ Harris
and Bev Aisbett

Published by Robinson

All text is copyright © of the author

This Opening Extract is exclusive to Love**reading**.
Please print off and read at your leisure.

The Happiness Trap Pocketbook

Dr Russ Harris
and Bev Aisbett



ROBINSON

Constable & Robinson Ltd
55-56 Russell Square
London WC1B 4HP
www.constablerobinson.com

First published in the Australia and New Zealand
by Exisle Publishing Pty Ltd., 2013

First published in the UK by Robinson,
an imprint of Constable & Robinson Ltd., 2014

Copyright © Dr Russ Harris 2013
Copyright illustrations © Bev Aisbett 2013

The right of Dr Russ Harris and Bev Aisbett to be identified as the
authors of this work has been asserted by them in accordance
with the Copyright, Designs & Patents Act 1988

All rights reserved. This book is sold subject to the condition
that it shall not, by way of trade or otherwise, be lent, re-sold,
hired out or otherwise circulated in any form of binding or cover
other than that in which it is published and without a similar condition
including this condition being imposed on the subsequent purchaser.

A copy of the British Library Cataloguing in Publication
Data is available from the British Library

Important Note

This book is not intended as a substitute for medical advice or treatment.
Any person with a condition requiring medical attention should consult
a qualified medical practitioner or suitable therapist.

ISBN 978-1-47211-182-1 (paperback)
ISBN 978-1-47211-347-4 (ebook)

Printed and bound in the UK

1 3 5 7 9 10 8 6 4 2

Contents

How to use this book	7
Introduction	9
1 Fairytale	20
2 Vicious cycles	29
3 The basics of ACT	43
4 The great storyteller	46
5 True blues	59
6 Troubleshooting defusion	64
7 Demons in the boat	76
8 Drop the struggle	87
9 Troubleshooting expansion	101
10 Great connections	106
11 You're not who you think you are	120
12 Follow your heart	128
13 The 1000-mile journey	135
14 Finding fulfilment	146
15 A life of plenty	150
16 Willingness	157
17 A meaningful life	164

How to use this book

Welcome to *The Happiness Trap Pocketbook*, an illustrated and simplified version of the international bestseller, *The Happiness Trap*. There are at least three ways you could use this book:

1. As an easy-to-read introduction to Acceptance & Commitment Therapy

This book presents a delightfully easy introduction to the main ideas of Acceptance & Commitment Therapy (better known as ACT). We see it as especially useful for people who are not really into reading traditional self-help books, or for those who are so stressed, anxious or depressed that reading is difficult. Of course, we hope that you will then go on to read the original book, which explores ACT in far greater depth.

2. As an adjunct to coaching or therapy

If you are seeing a coach or therapist who uses the ACT approach, this book can be a valuable adjunct. You can read chapters ahead of time to prepare for a session, or after a session as a reminder.

3. As a quick refresher course

If it's been a while since you read *The Happiness Trap*, you can use the pocketbook as a quick refresher course to remind yourself of the main ideas and exercises.

An Important Message

Simply reading this book will not be enough to make any real difference in your life. You actually will need to do the exercises if you want your life to be richer, fuller and more meaningful. It is much the same as reading a book on how to play tennis or guitar. Your tennis or guitar skills won't improve simply from reading it; you actually have to do the recommended exercises.

Of course, you can read through the book quickly and then go back and do the exercises, but it's far better to do them as you go.

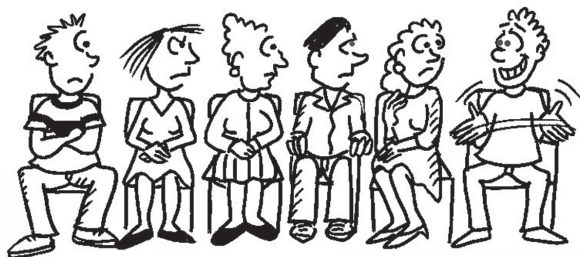
So, good luck with it all. And remember: life gives most to those who make the most of what life gives.

Cheers

Russ Harris

Introduction

If you're HAPPY and you know it,
CLAP YOUR HANDS ...



OH DEAR!

We should be HAPPY, shouldn't we?

That's what the multitude of self-help books out there suggest — just think happy thoughts and you'll be FINE. But trying to be perpetually positive can be downright STRESSFUL!



MY DOG DIED, I LOST
MY JOB, MY WIFE
LEFT ME ... BUT IT'S
ALL GOOD!

BUT ISN'T IT *NORMAL*
TO BE HAPPY?



You'd think that it would be normal to be happy in the western world, where we have access to so many of the ingredients to build happiness ...

GOOD HOUSING



MORE & BETTER
FOOD



EXCELLENT
MEDICAL
FACILITIES



ACCESS TO

EDUCATION



JUSTICE



WELFARE



CLEAN WATER



&

SANITATION

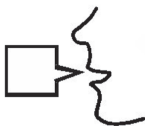


Along with FREEDOM TO

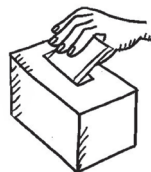
TRAVEL



SPEAK OPENLY



VOTE



But the truth is, on the whole we're NOT happy.
In fact, often we're downright MISERABLE!

Here are some sobering statistics:



1 in 10 has
CLINICAL DEPRESSION



1 in 5 is **DEPRESSED**
at some time



1 in 4 has or has had an
ADDICTION



30 per cent of the adult
population has a recognised
PSYCHOLOGICAL DISORDER

And of all the people you know, almost **HALF** of these will
SERIOUSLY CONTEMPLATE SUICIDE at some point ...



... and 1 in 10 will actually
ATTEMPT IT!

SO WHY IS IT SO
DIFFICULT TO BE
HAPPY?



TO ANSWER THAT, WE NEED TO
GO BACK IN TIME TO SEE HOW
OUR MINDS *EVOLVED*!



HANG ON!



WOW!!

HERE'S AN EARLY
HUNTER/GATHERER.
WHAT DO YOU THINK
ARE HIS *NEEDS*?



HMM ... WELL,
THE *BASICS* FOR
SURVIVAL!



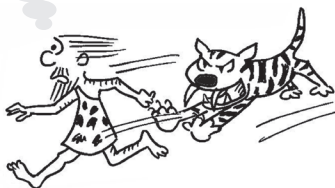
FOOD
WATER
SHELTER
SEX



AND HE HAS AN
EVEN *GREATER*
PRIORITY!



DON'T GET
KILLED!



THE BETTER WE
WERE ABLE TO
ANTICIPATE AND
AVOID DANGER,
THE BETTER OUR
CHANCES OF
SURVIVAL!



GOOD?
BAD?
HELPFUL?



TRUE, BUT THERE
AREN'T ANY *SABRE-
TOOTHED TIGERS* IN
MY SUBURB! WHAT'S
THIS GOT TO DO
WITH MODERN-DAY
HAPPINESS?



WELL, LOOK AT HOW
WE'VE '*EVOLVED*'! COMPARE
THE '*DANGERS*' ON OUR
ANCESTORS' LIST TO
OUR CURRENT PERCEIVED
'*DANGERS*' — MOST OF WHICH
WON'T EVEN HAPPEN!



SO I GUESS
WE'VE JUST
EVOLVED TO
BE BETTER AT
LOOKING FOR
TROUBLE!



PREDATORS
BAD WEATHER
ILLNESS
LACK OF FOOD OR
WATER

WAR

PAYING BILLS
SPEEDING TICKET

Climate Change
GETTING CANCER

OBESITY

MORTGAGE *REJECTION* **JOB**

EMBARRASSMENT **LOSS**

UPSETTING LOVED ONES

BANKRUPTCY

THEFT

POLLUTION
ATTACK

DRUGS **STUFF**

WHAT DO YOU THINK
WAS THE GREATEST
THREAT TO SURVIVAL
FOR OUR FRIEND HERE?



LET'S SEE ... WELL,
BEING *ALONE* WOULD
BE DANGEROUS,
I GUESS!



YES! WITHOUT THE
PROTECTION OF THE
TRIBE, HE WOULD BE
EASY PREY!



SO HOW DOES
THIS PLAY OUT IN
MODERN TIMES?



WE STILL FEAR
REJECTION AND
TRY TO 'PROTECT'
OURSELVES BY
COMPARING OURSELVES
TO OTHERS!



AM I
FITTING
IN?

AM I
DOING
ANYTHING
WRONG?

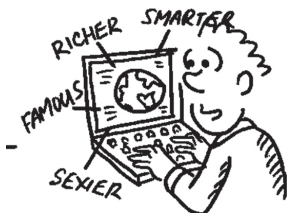
AM I AS
GOOD AS
OTHERS?



AND BACK THEN, THERE
WAS ONLY A SMALL
GROUP TO COMPARE TO!



NOW IT'S
GLOBAL!



FOR AN AMBITIOUS
ANCESTOR THE
FORMULA FOR SUCCESS
WAS *MORE = BETTER*



WELL THAT SURE
HASN'T *CHANGED*!



AND IT SEEMS THAT
NO MATTER HOW MUCH
WE GET, WE STILL
WANT MORE!



YES! OUR MODERN MINDS
TEND TO FOCUS ON *LACK* &
CREATE DISSATISFACTION!

SO WHAT IS THIS
HAPPINESS THAT WE
KEEP CHASING AFTER?



*'The very purpose of life
is to seek Happiness.'*

Dalai Lama

'HAPPINESS'
HAS TWO VERY
DIFFERENT
MEANINGS ...



1. A GOOD FEELING



Because happiness feels **GOOD**,
we **CHASE** it, but we find that it
doesn't **LAST**.

And, as we shall see, a life spent
chasing after this feeling is not only
UNSATISFACTORY but also the harder
we try to experience only pleasurable
feelings, the more we feel **ANXIOUS** or
DEPRESSED when they elude us.



2. AN ACTIVE PHILOSOPHY

THIS SECOND DEFINITION
INSTEAD FOCUSES ON CREATING A
RICH, FULL & MEANINGFUL LIFE!

This involves ...



TAKING ACTION
ON THE THINGS
THAT MATTER
TO US



MOVING IN THE
DIRECTION OF
WHAT WE SEE
AS VALUABLE OR
WORTHY



ENGAGING FULLY
IN WHAT WE DO



IN DOING SO, WE
EMBRACE LIFE IN
ALL ITS COLOURS!



But a full human life comes
with the **FULL RANGE** of
human emotions.



OF COURSE WE ALL LIKE TO
FEEL *GOOD*, BUT DESPERATELY
TRYING TO AVOID PAINFUL
FEELINGS DOOMS US TO
FAILURE.



The fact is — life involves PAIN:



LOSS



SEPARATION
OR DIVORCE



REJECTION



ILLNESS OR
INFIRMITY

**THE
GOOD
NEWS
IS ...**

You can learn to handle painful
feelings by:

- ▶ MAKING ROOM FOR THEM
- ▶ RISING ABOVE THEM
- ▶ CREATING A LIFE WORTH
LIVING.



AND WE'LL SHOW YOU HOW,
USING THE PRINCIPLES
OF ACT: *ACCEPTANCE AND
COMMITMENT THERAPY*.