

The Happiness Trap Pocketbook

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The Happiness Trap Pocketbook: An Illustrated Guide On How ...

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The Happiness Trap Pocketbook | Actmindfully

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The Happiness Trap Pocketbook by Harris, Russ (2014) Paperback Paperback – 1847 by Russ Harris (Author)

The Happiness Trap 8-Week Online Program

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The 'happiness trap' is that we typically define happiness by the intensity and quantity of positive emotion and only a little negative. Instead, he advocates we elicit a mindful practice and let our thoughts pass through, label them, and distinguish them from our own.

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