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The Happiness Trap Pocketbook

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

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**The Happiness Trap Pocketbook: Amazon.co.uk: Russ Harris ...**

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.