



'Happiness Trap' Workshops: A Powerful 2-day Program for Happiness, Confidence, and Vitality

Are you stuck in 'the happiness trap'? Have you tried hard to be happier – but found it just wasn't that easy? If so, that's hardly surprising. **Commonplace notions of happiness are misleading, inaccurate,** and can actually make you miserable. For example, although pop-psychology is obsessed with it, **positive thinking often does NOT work!** And new research shows that **positive affirmations make many people feel worse!** Even the new science of **'Positive Psychology' is so often dumbed down or hyped up, it easily leads to unrealistic expectations and subsequent frustration and disappointment.**

So come along and learn about **Happiness without all the Hype.** See for yourself how a new scientifically-proven approach can help you **'escape the happiness trap'** and find genuine wellbeing and fulfilment.

Dr Russ Harris (soon to be seen on ABC's new television series, 'Making Australia Happy') will present these entertaining and empowering workshops. They are based on a model called **Acceptance and Commitment Training, or ACT** -- as described in Russ's international best-seller *The Happiness Trap*, (which is not only this country's top-selling self-help book by an Australian author, but is also now translated into 17 other languages).

ACT is so effective, it is spreading through Australia like wildfire, and in the last 4 years, **Russ has personally trained over 8,000 Australian coaches, therapists and psychologists in the method.** And **be prepared:** these workshops include a wide range of practical, hands-on exercises. Expect to be stimulated, entertained, and challenged. (Note: These days, Russ is a medical practitioner, therapist and life coach, but many years ago, he used to be a stand-up comedian – so you can also expect a lot of fun and laughs.) For more information on ACT or *The Happiness Trap*, please visit: www.thehappinesstrap.com

'Happiness Trap' workshops are for everyone, from CEOs to sales staff, from astronauts to housewives. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, suffering from shyness, struggling with low self-esteem, trying to lose weight or quit smoking, preparing for the biggest challenge of your life, or just wanting to be happier, healthier, and more fulfilled – **in the space of just 2 days, you will learn scientifically-proven techniques to:**

- **reduce stress and worry**
- **rise above fear, doubt and insecurity**
- **build genuine confidence**
- **handle painful thoughts and feelings far more effectively**
- **break self-defeating habits**
- **develop the 'resilience mindset'**
- **improve performance and find fulfilment in your work**
- **develop self-acceptance and self-compassion**
- **build deeper, more satisfying relationships and, above all,**
- **create a rich, full and meaningful life**

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Each workshop includes:

- a copy of *The Happiness Trap* (if you've already got a copy, you can give this one as a gift)
- a copy of the CD *Mindfulness Skills: Volume 1*
- a ten-weeks long follow-up e-course, to build and apply the skills you learn during the workshop

Mindfulness without Meditation

A key component of ACT is 'mindfulness': a transformative mental state of awareness, openness and focus. In the past, you could only learn mindfulness skills through ancient Eastern practices such as yoga, meditation or martial arts. These days, thanks to ACT, mindfulness skills are quick and easy to learn, without any need to meditate. You can literally learn them in a few minutes, and they will rapidly and effectively help you to reduce the impact and influence of painful feelings, let go of distressing or unhelpful thoughts, break the grip of self-defeating habits, and engage fully in your life.

PLEASE NOTE: these workshops are 'personal development' workshops. They will teach you the skills to overcome your own inner obstacles, to make life rich, full and meaningful, and to effectively handle the stress and difficulty that life inevitably brings. While the skills learned will be helpful for people suffering from depression, anxiety and other psychological conditions, these workshops should NOT be seen as a 'treatment' for those conditions.

DATES, TIMES, PRICES & HOW TO REGISTER

The fee is **\$395**. (You can pay online -- via credit card or PayPal -- or via cheque. Morning and afternoon tea, but not lunch, is provided.)

[Brisbane 25-26 September, 2010 – click here to register](#)

[Melbourne 16-17 October, 2010 – click here to register](#)

[Sydney 30-31 October, 2010 – click here to register](#)

If you have any queries, please email us: admin@thehappinesstrap.com

Dr Russ Harris, M.B.B.S., M.A.C. Psych. Med.

Russ's background is in medicine. He qualified as a doctor in 1989, at the University of Newcastle-Upon-Tyne in the UK. He migrated to Australia in 1991, and set up practice as a GP (family doctor) in Melbourne.



As a GP he became increasingly interested in the psychological aspects of medical illness (and increasingly disenchanted with writing prescriptions). Ultimately this interest in human psychology led to a career change, and he now works in two different, yet complementary roles: both as a therapist and as an executive coach. Russ travels all around Australia, and internationally, providing workshops and training for a wide variety of professionals, from CEOs to salespersons, from coaches to counsellors, from psychologists to psychiatrists.

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