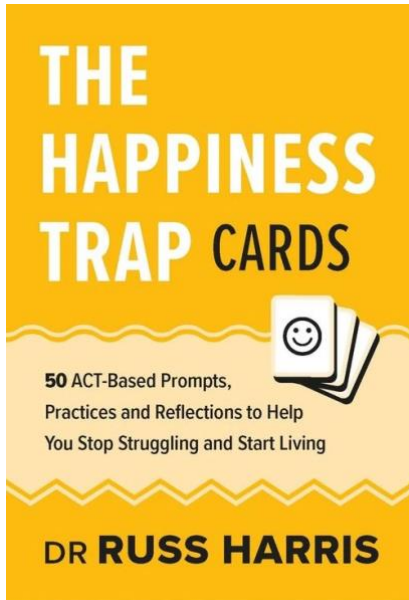


Book review



The Happiness Trap Cards

Author: Dr Russ Harris

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The Happiness Trap Cards by Dr Russ Harris take key concepts from the Acceptance and Commitment Therapy (ACT) model and offer a practical way to apply them in day-to-day life. They are an extension of Harris's first book, *The Happiness Trap*; however, they can also serve as a stand-alone resource, offering an accessible way to use this model.

The goal of ACT is to create a rich and meaningful life, while accepting the pain that inevitably comes with it. ACT uses a range of experiential exercises that help develop new skills to handle difficult thoughts and feelings more effectively, taking the power out of them and reducing their impact. It also teaches how to use your personal values to guide you towards taking actions that help you face life's challenges and do what matters. It builds mindfulness skills that help you focus on what's most important and reduce the impact of painful thoughts and feelings.

I love ACT because it is evidence-based, proven to be very effective across a wide range of people and experiences, and it makes big concepts simple and manageable to apply in real life. This card set offers the same simplicity and practicality, with each of the 50 cards covering a key ACT concept. On one side of the card, there is a summary of the idea, and on the other, a practice for applying it in your life.

The cards are written in everyday language, rather than clinical jargon (with the exception of the term 'hooking'). Here is a snapshot of some of the topics:

- 'There's No Delete Button in the Brain'
- 'The Reason-giving Machine'
- 'Two Big Happiness Myths'
- 'Don't Ask, 'What Should I Do with My Life?''

I can imagine these cards being a valuable tool for people wanting to learn and apply these skills in their own lives, and for therapists to use with their clients. The full therapeutic process of ACT is broader than what this set of cards can provide, but they offer a valuable way to explore and apply the insights and techniques of this model in a simple and engaging way.

Review by Emma Crawley, Health Promotion Contract Manager at The Mental Health Foundation

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.

