

# Kindle eBook Daily Deals

## 09/10/20

1. The Illustrated Happiness Trap: How to Stop Struggling and Start Living (Psychology, \$2..99)

1. By Russ Harris.

2. 4.6/5 stars with 347 reviews

3. There's this idea going around that we're always supposed to be happy—and it's making us miserable. The good news is, if you can learn to let go of that impossible expectation, your life will be a whole lot *happier*. Acceptance and Commitment Therapy (ACT) is a simple, self-administered therapy that uses mindfulness to enable you to do just that.