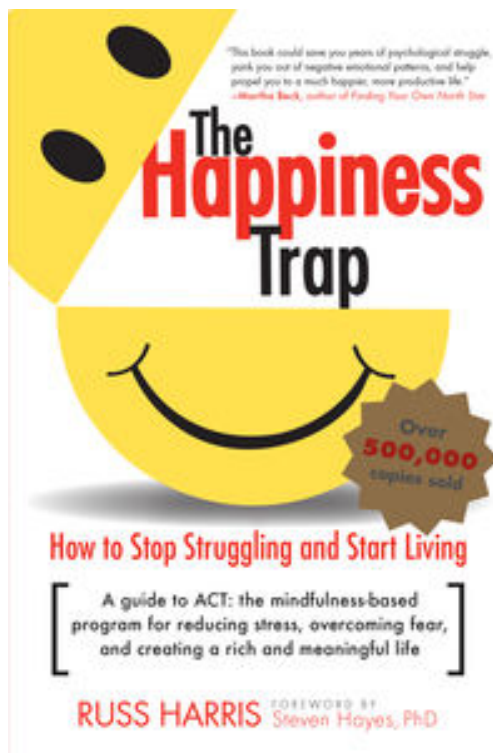


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The techniques presented in *The Happiness Trap* will help readers to:

- Reduce stress and worry
  - Handle painful feelings and thoughts more effectively
- 
- Break self-defeating habits
  - Overcome insecurity and self-doubt
  - Create a rich, full, and meaningful life

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