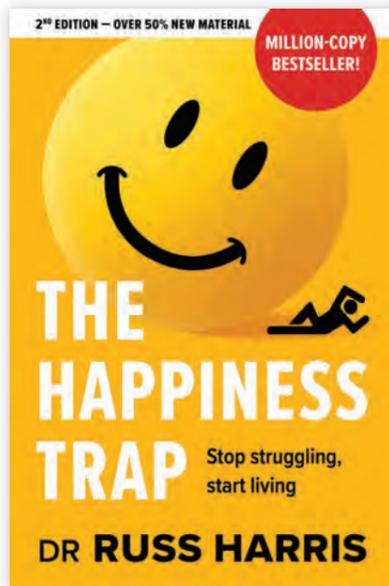


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**THE  
HAPPY  
TRAP**  
DR RUSS

**DISCOVER MORE INSIDE ...**



## The Happiness Trap

Stop Struggling, Start Living  
Dr Russ Harris



AU \$34.99 | NZ \$34.99 | Nov 2021 | 9781922539199 |  
229 x 152 mm | Paperback | 320 pages |



**THE FIRST EDITION OF THE HAPPINESS TRAP HAS SOLD OVER ONE MILLION COPIES WORLDWIDE, AND HAS BEEN TRANSLATED INTO MORE THAN 30 LANGUAGES. THIS MUCH-ANTICIPATED 2ND EDITION IS UPDATED AND EXPANDED, FEATURING NEW TOOLS, TECHNIQUES, EXERCISES AND RESEARCH.**

There is a growing number of people who feel something is missing from their lives; that despite financial or family success they are not truly happy. Unfortunately, popular psychological approaches are making it even worse! In *The Happiness Trap*, Dr Russ Harris provides a means to escape this epidemic of stress, anxiety and depression, unlocking the secrets to a truly fulfilling life.

Updated and expanded in its second edition, this empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion and find true satisfaction with this bigger and better guide to:

- Reducing stress and worry
- Handling painful thoughts and feelings more effectively
- Breaking self-defeating habits
- Overcoming insecurity and self-doubt
- Building better relationships
- Improving performance and finding fulfilment at work.

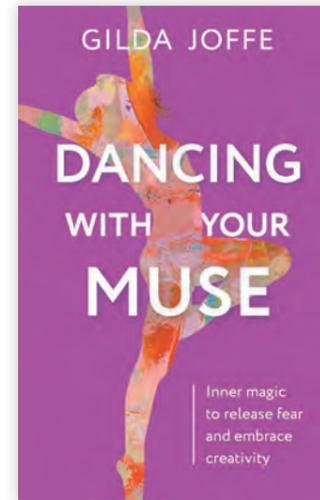
*The Happiness Trap* is for everyone. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, or suffering from anxiety or depression, this book will show you how to build authentic happiness, from the inside out.



### ABOUT THE AUTHOR

**Dr Russ Harris** is a world-renowned trainer of Acceptance & Commitment Therapy (ACT). Russ's background is in medicine, and as a GP he became increasingly interested in the psychological aspects of health and wellbeing, and increasingly disenchanted with writing prescriptions. Ultimately this interest led to a total career change. He now works in two different, yet complementary roles — as a therapist and a coach.

In 2015, Russ wrote a stress-management protocol for the World Health Organization (WHO) to use in refugee camps around the world, catering for the broadest possible range of trauma-related problems, including PTSD, depression and anxiety disorders. It has so far been implemented to good effect in refugee camps in Syria, Uganda and Turkey, and the impressive results were published in one of the world's top medical journals, *The Lancet*.



## Dancing with Your Muse

Inner Magic to Release Fear and Embrace Creativity  
Gilda Joffe



AU \$34.99 | NZ \$34.99 | Nov 2021 | 9781922539069 |  
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### ABOUT THE AUTHOR

**Gilda Joffe**, Juilliard graduate, is an executive coach for women with a specialty in eliminating fears hindering development of business and creative potential. She has over 25 years of teaching and coaching experience, and is a certified HeartMath trainer for businesses and individuals.



SCAN TO WATCH THE TRAILER

## Voices of World War II

New Zealanders Share Their Stories  
Renée Hollis



AU \$69.99 | NZ \$69.99 | Nov 2021 | 9781775594314 |  
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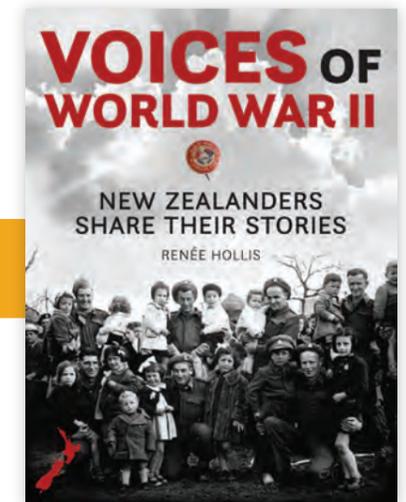


**A VISUALLY STUNNING COLLECTION OF FIRST-HAND MEMORIES, PROVIDING AN ENDURING INSIGHT INTO LIFE DURING WORLD WAR II.**

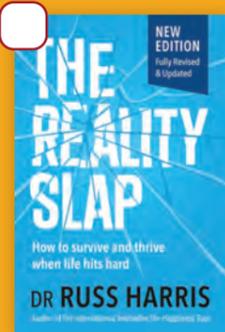
*Voices of World War II* is a captivating compendium of photographs and written accounts, providing a snapshot of life during WWII from the point of view of those who lived through it. Fascinating and genuine, it shows the human side of war through dozens of first-hand memories, stories, and reflections on wartime life in New Zealand and overseas. Younger generations will gain an important insight into the lives of their ancestors with this tribute to a nation's bravery and resilience

### ABOUT THE AUTHOR

**Renée Hollis** is an author, photographer and organiser of collaborative projects for creative artists. She was previously a primary school teacher in New Zealand, the Cook Islands and Botswana. Renée's other books include *Keepers of History: New Zealand Centenarians Tell Their Stories*.



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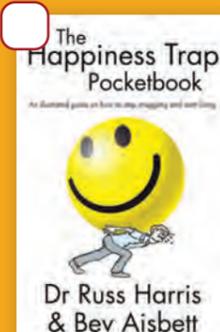
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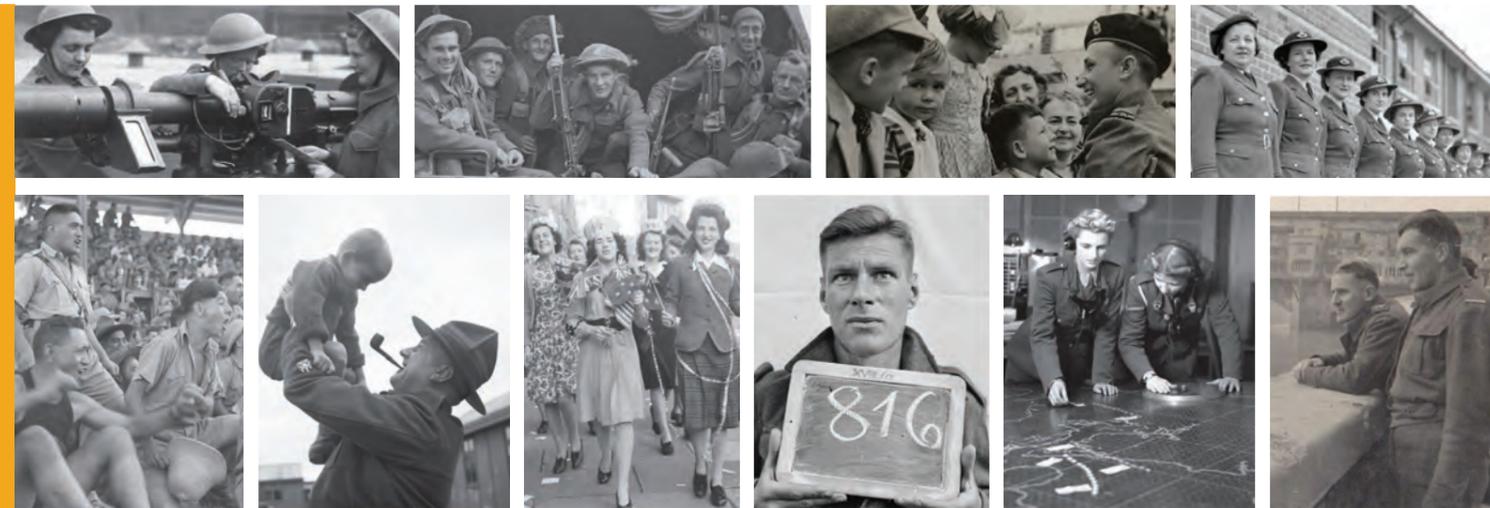
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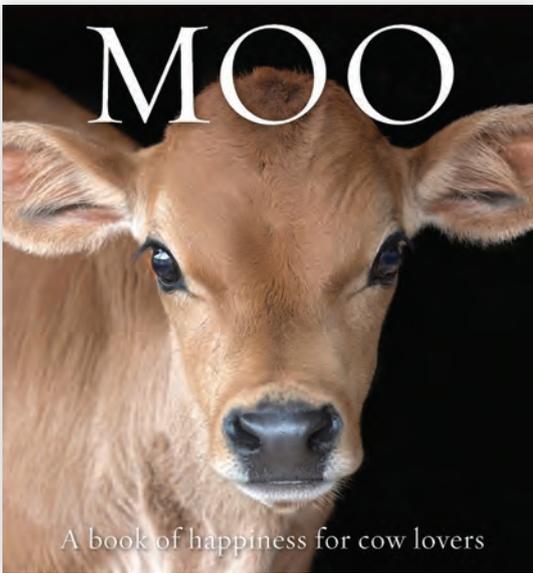
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## Moo

A Book of Happiness for Cow Lovers

Angus St John Galloway (Ed.)



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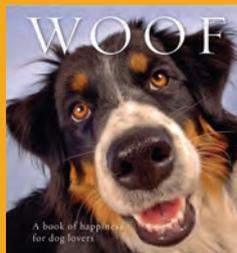
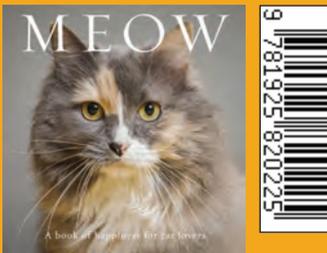
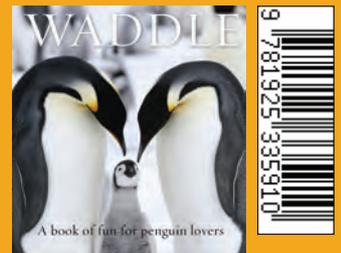
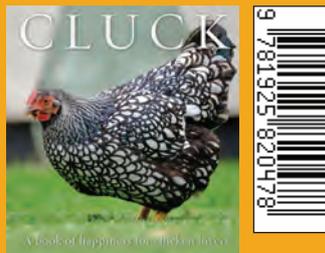
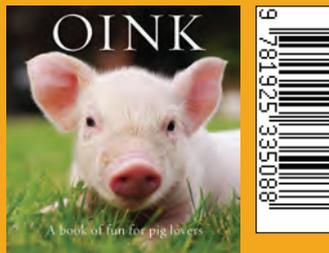
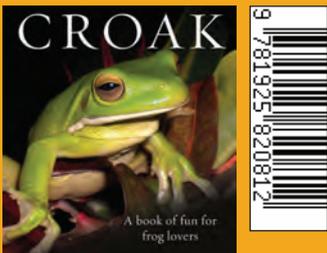
From Charles Dickens to Mary Quant, cows have long fascinated writers, philosophers, designers, musicians and more. *Moo* is a collection of beautiful photographs and quotes from cow-admirers through the ages, giving an endearing, amusing insight into the magic of the humble cow.

With photos of around 50 of the world's most popular cattle breeds, this is the perfect gift for anyone from bovine experts to folks who happen to find cows cute (you'll be surprised by how many famous names agree!).

### ABOUT THE AUTHOR

**Angus St John Galloway** has spent his life around cattle and is deeply concerned for their welfare. The vastly increasing intolerance for any maltreatment of cows and the thousands of rescue organisations inspired him to produce this joyful pictorial celebration of the world's billion cows.

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