

The Reality Slap Finding Peace And Fulfillment When Life Hurts Russ Harris

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- Find peace in the midst of your pain
- Rediscover calm in the midst of chaos
- Turn difficult emotions into wisdom and compassion
- Find fulfillment, even when you can't get what you want

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The Reality Slap: Finding Peace and Fulfillment When Life Hurts (Paperback) Published March 1st 2012 by New Harbinger Publications. Paperback, 208 pages. Author (s): Russ Harris. ISBN: 160882280X (ISBN13: 9781608822805) Edition language: English.

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Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing's for sure—it hurts! And most of us don't deal with the pain very well. "The Reality Slap" offers a four-part path for healing from crises based on acceptance and commitment therapy.

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The reality slap takes many different forms. Sometimes it's so violent, it's more like a punch: the death of a loved one, a serious illness or injury, a freak accident, a violent crime, a disabled child, bankruptcy, betrayal, fire, flood or disaster.

THE REALITY SLAP - The Happiness Trap

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The Reality Slap, Finding Peace and Fulfillment When Life ...

The Reality Slap offers real-life stories and simple exercises to help readers stop depending on things outside of themselves for validation and well-being and instead work on finding peace and fulfillment within.

The Reality Slap | Russ Harris | 9781608822805 | NetGalley

In The Reality Slap, Russ Harris uses engaging real-life stories and simple exercises drawn from the proven principles of acceptance and commitment therapy (ACT) to help readers who have been woken up by the "reality slap"—an unexpected personal crisis that results in hopelessness, confusion, or pain. Read More

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Taking the time to find my inner peace has become a powerful tool. I make the time to meditate and gather my thoughts. Even if it's just a few minutes per day. I sit calmly, I breathe deeply, and I engage in positive affirmations. At times, I think about positive moments I've shared with others and appreciate them for what they are ...

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