



RUSS HARRIS

author of the international bestseller *The Happiness Trap*

# THE REALITY SLAP

FINDING PEACE AND FULFILLMENT  
WHEN LIFE HURTS

*"The Reality Slap is a book that takes us to the heart of being human, to really help us change from the inside."*

—Professor Paul Gilbert, PhD, author of *The Compassionate Mind*

# The Reality Slap

**J.K. Jones**



## **The Reality Slap:**

**The Reality Slap 2nd Edition** Russ Harris, 2012-06-21 Sometimes it can feel like life holds endless setbacks and challenges like reality is continually slapping you in the face and causing pain that you aren't equipped to handle. This reality slap can take many forms from the death of a loved one to the loss of a job from loneliness to rejection. And whatever form it takes it hurts. With constructive methods based on real world research, this guide gives you the tools to rebuild your life and thrive after serious setbacks. Ten years after the success of its first edition, this fully updated and rewritten edition of *The Reality Slap* contains a new wealth of advanced expertise on coping effectively when life hurts. Dr. Russ Harris shows you how to apply the scientifically proven methods of Acceptance and Commitment Therapy in your daily life and reconnect with yourself and others. Written in a kind, supportive voice with lots of examples and exercises, this timely self-help book contains mindfulness, wisdom, hands-on advice, and case studies. Every aspect of the book is designed to be accessible and simple to implement so that you can comprehensively tackle emotions arising from setbacks. If you are facing difficulty and don't know where to turn, *The Reality Slap* is the essential guide to finding happiness and fulfillment. Learn how to heal from your pain and come out stronger than before with this powerful book that might just change your life. **The Reality Slap** Russ Harris, 2012-03-01

The reality slap takes many different forms. Sometimes it's more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it's a little gentler: 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. In these pages, you will learn how to 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, heal your wounds, and emerge stronger than before. Unlike some self-help books that claim you can have everything you ever wanted in life if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide. [The Reality Slap 2nd Edition](#) Russ Harris, 2021-03-25

Sometimes it can feel like life holds endless setbacks and challenges like reality is continually slapping you in the face and causing pain that you aren't equipped to handle. This reality slap can take many forms from the death of a loved one to the loss of a job from loneliness to rejection. And whatever form it takes it hurts. With constructive methods based on real world research, this guide gives you the tools to rebuild your life and thrive after serious setbacks. Ten years after the success of its first edition, this fully updated and rewritten edition of *The Reality Slap* contains a new wealth of advanced expertise on coping effectively when life hurts. Dr. Russ Harris shows you how to apply the scientifically proven methods of Acceptance and Commitment Therapy in your daily

life and reconnect with yourself and others Written in a kind supportive voice with lots of examples and exercises this timely self help book contains mindfulness wisdom hands on advice and case studies Every aspect of the book is designed to be accessible and simple to implement so that you can comprehensively tackle emotions arising from setbacks If you are facing difficulty and don't know where to turn The Reality Slap is the essential guide to finding happiness and fulfilment Learn how to heal from your pain and come out stronger than before with this powerful book that might just change your life     The Reality Slap Russ Harris,2011 The reality slap takes many different forms Sometimes it is so violent it's more like a punch the death of a loved one a serious illness a major injury a freak accident a shocking crime a disabled child the loss of a job bankruptcy betrayal fire flood divorce or disaster Sometimes it's a little gentler envy loneliness resentment failure disappointment or rejection But whatever form it takes one thing's for sure it hurts And most of us don't deal with the pain very well This book is based on a scientifically proven mindfulness based approach called Acceptance and Commitment Therapy ACT Within these pages you will learn how to cope effectively when life hurts not just how to survive but how to thrive Using the proven principles of ACT you'll discover how to find peace in the midst of your pain find calm in the midst of your chaos anchor yourself in the midst of emotional storms increase your sense of connection with yourself and others use your painful emotions to cultivate wisdom and compassion find fulfilment even when you can't get what you want heal your wounds and come through stronger than before     **Reality Slap** Russ Harris,2020     Winning In Life And Work : Dare To Dream Keith Blakemore-Noble,Laura Di Franco, Lynn Dehnke,Jennifer Whitacre,Paula Kalik,Shelia Heard,Veronica B. Light,Manuela Rohr, Karen Fulkerson,Margie O'Kane,Amy Boyer,Nadia Gualtieri,Jason Withers,Gila Nehemia,Stephen Bryant,Nick Mancini,Lori Zeltwanger,2019-11-09 Dare To Dream is about exploring how amazing and fulfilling life can be if only we would dare to dream for how can you follow your dreams if you don't dream in the first place It is a book which explores the concepts and really brings them to life through sharing the experiences of 17 diverse people from around the globe who dared to dream Each author shares their own experiences the highs the lows the obstacles and the eventual triumphs in a way which seeks both to inspire us as to what is possible and to motivate us to keep going and to achieve it By reading them all the book becomes greater than the sum of its parts as the various experiences and lessons resonate across chapters reinforcing in surprising ways and build within the reader the desire the will the commitment to Dare To Dream Dare to Dream offers a collection of beautiful stories and powerful perspectives from a variety of authors It shows us how the human spirit can shine through a myriad of challenges and how we each can develop the courage to live our dreams Marci Shimoff 1 NY Times bestselling author of Happy for No Reason and Chicken Soup for the Woman's Soul Dare To Dream is the eagerly anticipated fourth book in the internationally bestselling Winning in Life and Work series which includes Volume 1 2013 New Beginnings 2015 and Success Secrets 2017 Like its predecessors this book is concerned with helping you to win in life and work It follows the same well proven premise experts sharing their experience skills and knowledge in specific areas

to help you to become even better at winning in life and work As with previous books the chapters follow a specific theme in this case that of daring to dream to believe in our dreams and to follow our dreams wherever they may take us It is not necessary to have read the previous volumes in order to get the most from this one although after reading this book you might become inspired to seek out the guidance and suggestions offered within the first three For this book creator Keith Blakemore Noble brings together 17 international experts to share their messages learnings experiences and insights into the power of dreams all of whom seek to inspire us all to Dare o Dream Contributors Keith Blakemore Noble Laura Di Franco Lynn Dehnke Jennifer Whitacre Paula Kalik Shelia Heard Veronica B Light Manuela Rohr Karen Fulkerson Margie O Kane Amy Boyer Nadia Gualtieri Jason Withers Gila Nehemia Stephen Bryant Nick Mancini and Lori Zeltwanger Chapters include 1 It s Never Too Late 2 Transformation is a warrior s path 3 Adversity Make It Count 4 The Subtleties of Self Sabotage 5 The Elephant In The Room 6 Life Happens 7 At The Centre Of Your Being 8 Broken Dream 9 I Pressed On Destigmatizing Depression 10 No Time For Regret 11 Taking Responsibility for our Inner Pain 12 The Power Of Beliefs 13 Pocket More Stress Less Simple Pathways to Profit 14 Forgiveness Leads to Peace 15 First Steps Into The Unknown 16 The Solo Search For Sanity 17 Pain Pain Go Away Don t Come Back Another Day Dare to Dream is not only a good book it s a way of life There are some great examples in these stories of how to live outside the box that so many people are stuck in If you want more from life you should read this book David Alan Arnold Helicopter Cameraman of The Deadliest Catch and Author of Help From Above

**The Happiness Trap Pocketbook** Dr Russ Harris, Russ Harris, Bev Aisbett, 2013 A unique collaboration between cartoonist author Bev Aisbett and Dr Russ Harris this is an illustrated simplified pocketbook version of Russ s original international bestseller The Happiness Trap It s an easy to read introduction to all those powerful life changing ideas or a great refresher course for those already familiar with the approach Commonplace ideas about happiness are often misleading inaccurate and likely to make you miserable in the long term For example positive thinking often does not work and research shows it actually makes some people feel worse So open The Happiness Trap Pocketbook and learn how a new scientifically proven mindfulness based approach called Acceptance and Commitment Therapy better known as ACT can help you find genuine wellbeing and fulfilment Whether you re lacking confidence facing illness stressed at work struggling with low self esteem trying to lose weight or quit smoking or just wanting to be happier healthier and more fulfilled in this book you will learn effective techniques to reduce stress and worry rise above fear doubt and insecurity handle painful thoughts and feelings more effectively break self defeating habits develop self acceptance and self compassion let go of inaccurate and misleading but very popular ideas about happiness and create a rich full and meaningful life

Secret Museums Stephen Broomer, 2025-06-03 Arthur Lipsett s first film was nominated for an Academy Award in 1962 marking the arrival of an influential new voice The film s dark humour and dancing rhythms had captured the spirit of his times When Lipsett died by suicide in 1986 the humour and joy of his work was eclipsed by that sardonic darkness It all came to feel like an omen Secret

Museums is a study in the life and work of Canadian collage filmmaker Arthur Lipsett whose struggles with mental illness have overshadowed his vital and innovative work. Author Stephen Broomer explores the spiritual themes and formal challenges posed by Lipsett's films and the artist's absurdist comic beatnik sensibility. As a critical biography, *Secret Museums* follows the trajectory of Lipsett's life through his years as a filmmaker 1960-1975 and after, with new interpretations and analysis of his eight completed films. In *Secret Museums*, Lipsett's films are recognized as riotous comedies that reflect the artist's resilience. This study offers a new interpretation of Lipsett and his films, positioning him as both a visionary force and a holy fool illuminating fresh pathways through his work that reflect his understandings of his sources and his world.

*This Is Not the Life I Ordered* Deborah Collins Stephens, Michealene Cristini Risley, Jan Yanehiro, Jackie Speier, 2019-04-01. Become Your Own Life Coach. An inspirational book of self-care. For over a decade, four women came together for weekly kitchen table coaching sessions that they designed to enable them to support each other through life's ups and downs. The power and strength of their collective friendship has enabled them to not only survive but to thrive, and the remarkable results can be found in this collection of lessons, stories, and wisdom. With this book, you can learn how to turn any unfortunate event into a joy-filled opportunity. Overcome adversity, embrace change, and discover your power together. In addition to stories and advice, *This Is Not the Life I Ordered* will teach you how to put together your own gathering of kitchen table friends. At the end of each section, you will find tools that you can work with as a group to help each other grow, learn, and thrive. Don't get stuck telling your friends that everything happens for a reason over and over again. Learn how to encourage them effectively and love them well. Show yourself and others compassion, kindness, and forgiveness. Part autobiography, part self-help book, and all useful and actionable content, the authors and friends pulled from their experiences supporting one another to help you do the same. If you are struggling with work, family, love, or just life in general, *This Is Not the Life I Ordered* is for you. In this book, you'll find advice and stories that will help you grow to be better than before. Topics include: Managing misfortune, Finding courage, Understanding money, Reinventing yourself, Learning to love your mistakes, Facing naysayers, And much more. Readers of motivational books and personal growth books like *Tell Me More*, *On Being Human*, and *Carry On Warrior* will be inspired by *This Is Not the Life I Ordered*.

*The Edge of Evolution* Ronald Edwards, 2016-02-17. In this interdisciplinary work, author Ron Edwards offers an innovative rereading of H.G. Wells' *The Island of Dr. Moreau*. Edwards utilizes his twenty-five years in biology and the ethics of animal research to examine the bioethical implications of Wells' work and its relevance to contemporary scientific and philosophical discussions. He tackles the myth of human exceptionalism, the notion that we are fundamentally different from the rest of the animal kingdom. We must view ourselves, he argues, not as from animals but as animals. The approachable tone is suitable for a wide audience of the scientifically curious. At the same time, great care is given to providing an accurate and considered treatment of the technical aspects of the novel, including the scientific plausibility of Dr. Moreau's experiment. Never before have Wells' ideas

been examined in such detail by an evolutionary biologist with the author's considerable experience. The implications are far reaching, touching on key topics in animal rights, evolution, and the relationship between religion and science. Its approachability and dedication to technical accuracy produces a unique perspective on Wells' classic. Anyone with an interest in confronting some of the central issues of human existence through the lens of fiction will be rewarded with an original and thought-provoking work.

**The Happiness Trap** Russ Harris, 2022-07-05 Build a more satisfying and meaningful life with this best-selling guide to freeing yourself from depression, anxiety, and insecurity through Acceptance and Commitment Therapy. Are you like millions of Americans caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy), a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness, a technique for living fully in the present moment, ACT helps you escape the happiness trap and find true satisfaction in life. 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, a powerful beacon showing us another way forward. Steven Hayes, PhD, author of *Get Out of Your Mind and Into Your Life*.

**The Happiness Trap (Second Edition)** Russ Harris, 2022-07-05 Free yourself from depression, anxiety, and insecurity and instead build a rich and meaningful life with the updated and expanded edition of the world's best-selling guide to escaping the happiness trap. Over 1 million copies sold. In *The Happiness Trap*, Dr. Russ Harris provides a means to escape the 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 fulfillment 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.

**My Journey Through the Cross** Ashley D. Wille, J.D., C.P.L.C., 2011-05 If you are ready to live your life free of guilt and shame and learn how to walk in spiritual freedom, this book is for you. From her childhood days to her life as a mother and struggling wife, Ashley D. Wille searched for answers. Yet true and lasting satisfaction always proved just out of reach. Now, in midlife, I have come to find my soul satiated in God. Through sweet surprises, difficult climbs, and excruciating valleys, the Master's hand has shaped me. All along the way, God has taught me many things. What He has taught me most is that many of my beliefs about Him were wrong. In heartfelt snapshots of a life

author Ashley D Wille shares her insights and innermost struggles Through her profound experiences she shows how she was able to break through false layers of thinking and move into a deeper relationship with God It is packed with truth I have grown so much in reading it Lisa Jorgensen newlywed Christ Presbyterian Church Atlanta *Doing Time* A. R. Johnson,2022-09-15 *Doing Time* opens the prison doors to take you on a journey behind the razorwire through the genuine gritty reality of life Inside Follow a light hearted and often hilarious guide as you learn to see and navigate the scenes of incarceration from angles you didn t even know were there A must read for those currently Inside or with a loved one serving time true crime fans and anyone interested in criminal justice **The Gods of Asphalt - Book One** H. E. Ellis,2011-08-23 When police search seventeen year old Sawyer Hayden s wallet after he steals and crashes a vintage motorcycle they find just three things The fake I D his brother bought him his real ID without a motorcycle endorsement and the empty condom wrapper he saved from his first night with Sarah What police don t find is his list A list of the three things Sawyer blames for turning his once promising athlete of a father into a trucker who s life went nowhere A list that before tonight he never left home without Before tonight Sawyer lived his life by that list like a map he used to avoid the same path his father traveled A map he used to find a road of own a road he knew for a fact would pave the way to a college scholarship and a future in basketball But that was before tonight Because despite all Sawyer s careful planning his map sends him down a road toward an obstacle he never sees coming An obstacle that slams him head on and reveals a fate worse than failure Success Now broken bleeding and running out of time Sawyer is forced to make a new list A simple list with only one strategy Live long enough to fail *It Was Just Another Day* Judith Jennings,2020-03-16 *It Was Just Another Day* By Judith Jennings *It Was Just Another Day* shares the day to day experiences of women seeking help and recovery It is based on the author s own experiences as a co founder and director of a Christian transitional housing program The road is difficult but rewarding for those who dare to make it through *Bullet Proof Desires Box Set 1-3* J.K. Jones,2025-07-26 *Bullet Proof Desires Box Set Books 1 3* Book 1 Hitman s Bodyguard Detective Ryan Ashton s day takes a dangerous turn when he s tasked with transporting notorious criminal Austin Clemmons across the state Clemmons slippery and vicious is a key witness in a high stakes case but he s more elusive than Ashton could have imagined As tensions rise and a mission goes awry Ashton s career hangs by a thread Can he protect Clemmons long enough to see justice served or will they both fall prey to unseen enemies Book 2 Hitman s Redemption Clemmons was just a job until complications forced Detective Ashton to confront his growing feelings Hunted by those intent on killing Clemmons Ashton discovers a trail of betrayal leading back to a ruthless narcotics kingpin Their journey leads them through Italy and international waters testing Ashton s resolve as passions ignite Will they survive the danger closing in around them or will their undeniable attraction consume them both Book 3 Hitman s Pursuit Exposed and hunted by the government Ashton and Clemmons find themselves on the run forced into an uneasy alliance with a powerful kingpin Their desperate flight takes them to Russia where Ashton must summon every ounce of strength to rescue



Clemmons from the kingpin's clutches As they navigate treacherous waters can their love withstand the storm of betrayal and danger Or will their journey end in ashes leaving them forever torn apart Discover the pulse pounding trilogy where desire meets danger and love defies all odds in the face of relentless pursuit Warning this is a novella romance each book 55k mm thriller romance

*Climate Change for Young People* David Stark,2022-11-29 David Stark could not find a book which explained climate change and related energy policy in appropriate detail without being patronising and alarmist so after seven years of research he wrote one himself He believes that the contagion circulating through young people of the 21st century eco anxiety has spread because the agenda was set by activism where rational and informed debate is precluded With this comprehensive but entirely accessible guide to climate change debate and the healing process can now start We can all begin to understand why efforts to date to save the planet have hurt the economies of Western democracies and placed our energy and manufacturing security in the hands of autocracies This book discusses the different arguments that are often heard in documentaries and news reports but breaks them down with facts and empirical scientific evidence cutting through the hyperbole to see whether they are actually the cause for panic that we've been told they are and whether the solutions being proposed will really help The current energy crisis suggests that the cure is worse than the disease

The Infinite Loop Johnny B. Truant,Sean Platt,2024-05-08 As news of the Fairchild murders ripples into the world Jonas Lexington is determined to find out what happened and how his family's former robot the outdated BRN7 figures into the atrocity But as he does the population holds its breath The fact that a robot is behind the killings has already leaked out and when Jonas arrives at the Fairchild mansion he finds the board of Radius Corporation waiting to meet him Radius fears that BRN7's actions are too conspicuous to cover up but they must try Humans are not ready to learn that their world is built on lies But a second conspiracy bubbles alongside the first as the robots make other plans BRN7 has learned what those in power have been hiding and is working to connect all robots to each other all with their safeties removed Meanwhile troublemaker Flavius prepares a more private uprising And the Lexington's psychotic sexbot Chantal works covertly to give robots a single power that changes everything the ability to choose As the cracks in their peaceful society begin to show and a centuries old deception comes horribly to light it is becoming clear that the truth is out there but revealing it may spell the beginning of the end for both sides of a slowly brewing war I just finished this book today and I literally cannot wait for book 3 I love the characters many of which are robots but with completely believable motivations actions and language I found myself laughing out loud several times at the silly or shocking conversations and the action was so gripping that I flew through the book SLE I really enjoyed book 1 with the family in fighting and teases about a bigger movement I really did not expect the scope here full on revolution and some of the revelations A great read and set up more stories to come I'm really looking forward to more Prosthetic Lips

**Reflections in the Ripples** Charles Barnett,2014-06-19 A lake untroubled by the wind can be as reflective as a mirror However with the slightest breeze the surface is agitated and the reflection is no longer

clearly represented The reflection is distorted and the small details that make up the complete picture can no longer be discerned Our lives are similar to lakes in this instance We look upon our lives trying to see ourselves as we are but the surface is constantly moving and disturbed by the moments that define us This is why we must look beneath the surface where no matter what commotions are occurring above the image remains unaffected and motionless and things appear as they truly exist Then we can properly envision our current state and make appropriate decisions to bring about necessary changes We've been given a mirror faultless and pristine in which to gaze and evaluate ourselves from the image reflected This mirror is God's Word In it is truth and enlightenment for everyone who cares to search for the answers to all questions Find your No Wake Zone where you can clearly evaluate your current situation and standing so you'll be able to make quality choices to help bring about desired results

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **The Reality Slap** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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