

**The Practicing Happiness Workbook: How Mindfulness  
Can Free You From The Four Psychological Traps That  
Keep You Stressed, Anxious, And Depressed By Ruth  
Baer PhD**

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The 4 Psychological Traps that Keep Us Stressed, Anxious & Depressed: Ruth Baer, PhD, is the author of The Practicing Happiness Workbook and professor of clinical

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Thank you. Frans Baert, Ph.D. in some sense, keep you with us in form and above all, Thank you, Ken Wapnick, thank you!

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