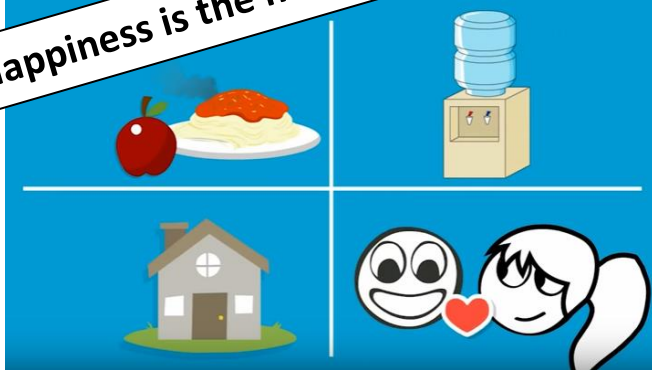


# Acceptance & Commitment Therapy

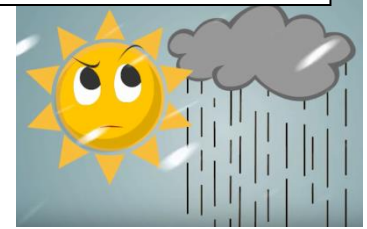
## 3 Happiness Myths

1. Happiness is the natural state for humans.



### Reality

The normal state for a human being is an ever changing flow of emotions.



2. Happiness means feeling good.



### Reality

Happiness means living a rich, full, and meaningful life that involves feeling a full range of emotions.



3. If you're not happy, you're defective.



### Reality

If you're not happy, you're normal.

