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Along with Russ Harris and Ann Bailey, he is co-author of the forthcoming self-help book 'The Weight Escape'. In addition, along with Ann Bailey and Louise Hayes, he is co-author of the best selling self-help book for teenagers, "Get Out of Your Mind and Into Your Life Teens".

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The Weight Escape offers something life-changingly different. Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Dr. Russ Harris, author of the best-selling Happiness Trap ; psychological practitioner Ann Bailey; and scientist Joseph Ciarrochi show you how to make the lasting changes you want.

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