



# The Weight Escape: How to Stop Dieting and Start Living

By Ann Bailey, Joseph Ciarrochi, Russ Harris

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**Diet fads and fitness trends may offer the prospect of losing weight, but they rarely work out long-term. *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. Focusing on the mental barriers that can keep us from setting and achieving our goals, they promote a holistic approach to well-being and weight loss—one that goes beyond meal plans and calorie counting to apply mindfulness to how you live as well as to what you eat. Through practical exercises and personal stories they show you how to:

- Set goals and give direction to your life
- Overcome destructive habits and exercise self-control
- Deal with cravings and stressful situations
- Develop self-acceptance

This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

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## **The Weight Escape: How to Stop Dieting and Start Living** By Ann Bailey, Joseph Ciarrochi, Russ Harris **Bibliography**

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### Editorial Review

#### About the Author

ANN BAILEY, MA, is a senior clinical psychologist who has designed and implemented an award-winning government service. She is currently the psychological consultant for dieticians in South Eastern Sydney Illawarra Health, running workshops and coaching allied health staff on the principles of ACT for health and well-being. Ann has been featured in the influential ACT in Action video training series as a master clinician and is the coauthor of a number of ACT books.

DR. JOSEPH CIARROCHI is Professor of Psychology at the University of Western Sydney and a renowned ACT trainer and researcher. Joseph has published over 90 papers, books, and book chapters. In 2011, he won a prestigious Australian Research Council Future Fellow award, which recognizes him as one of the top scientists in the country. He is, along with Ann Bailey, one of the authors of the best-selling self-help book, *Get Out of Your Mind and Into Your Life for Teens*.

DR. RUSS HARRIS qualified as a doctor in the UK before migrating to Australia in 1991. He now works as a therapist and executive coach, as well as being an internationally acclaimed ACT trainer. He is the best-selling author of seven books, including *The Reality Slap*, *The Confidence Gap*, and his best-known work, *The Happiness Trap*, which has now been translated into thirty different languages.

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