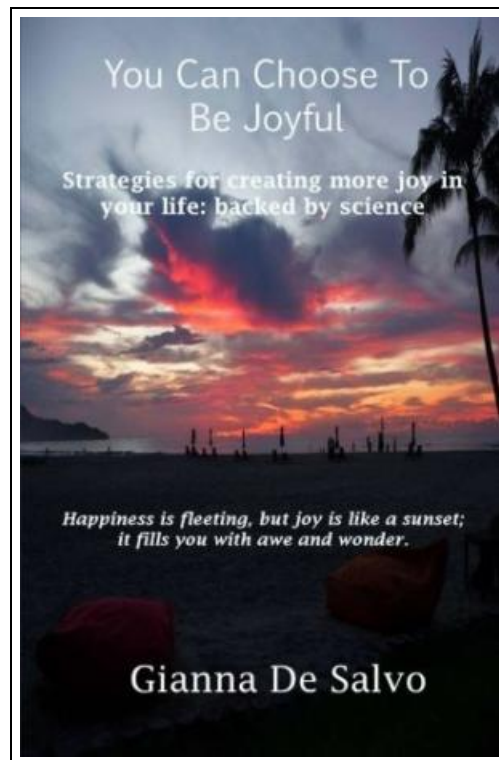


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When you become more present in your life, you begin to see the world with new eyes. Instead of focusing on what is wrong, you start to notice the good things around you more often. If everything isn't perfect, which nothing really is, you start to release your judgement and become more accepting. When this happens, your brain begins to create new neural pathways around positivity and you, in turn, begin creating more joy in your life. This book is designed to first discuss strategies that you can use to be more joyful, including mindfulness strategies, getting in touch with your feelings, saying yes to yourself more often and cultivating compassion. It then discusses why these strategies work, backed by modern scientific research. At the end of each chapter, you are provided with tools (exercises) that can be used to move yourself closer towards living a life of joy and wonder. Unlike other books, this isn't about happiness training. Happiness doesn't stick around very long, but joy is different. Joy is way of living, not just a fleeting feeling. It's about getting back in touch with your true, compassionate and loving self - the part that often gets buried under negativity and unhelpful learning. It's about letting go of the old, outdated strategies that no longer serve you and discovering ones that do. And it's about being empowered enough to choose joy, not just waiting around for it to come to you.



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