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Awakening Joy

"Awakening Joy: 10 Steps to Happiness is an important guide to transforming our everyday experience into genuine happiness." Sharon Salzberg, author of Lovingkindness: The Revolutionary Art of Happiness "In this beautiful and heartwarming book, James Baraz and Shoshana Alexander take us on a journey that truly awakens joy.

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This is not the case at all. While Awakening Joy is focused on how to bring more enjoyment into life, it recognizes that there are struggles, and discusses techniques for handling difficult times. The book doesn't make me feel pressured to "be happy" all the time, nor ashamed that I'm not.

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Awakening Joy 10 Steps to True Happiness by James Baraz

The authors have conducted many workshops about 10 steps that will put a person on the road to real happiness. They share stories of many of their class participants who had life-altering experiences along with the wisdom gained from teaching classes, researching, and studying the art of finding authentic joy in living.

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Awakening Joy 10 Steps to a Happier Life GGSC

Science of Happiness; Awakening Joy: 10 Steps to a Happier Life. James is excited to share a NEW version of the Awakening Joy course,

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What makes Awakening Joy unique? Awakening Joy offers more than just useful information on happiness. Based on time-tested principles drawn from Buddhist

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