



Awakening Joy: 10 Steps to Happiness

James Baraz, Shoshana Alexander

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Awakening Joy is more than just another book about happiness. More than simply offering suggested strategies to change our behavior, it uses time-tested practices to train the mind to learn new ways of thinking. The principles of the course are universal, although much of the material includes Buddhist philosophy drawn from the author's thirty years as a Buddhist meditation teacher and spiritual counselor.

In these times of economic uncertainty *Awakening Joy* shows we can get through hard times and use our experience to keep our heart open while moving from discouragement to well-being, regardless of the external circumstances. Genuine well-being is not expensive. True happiness is not about acquiring anything, but rather about opening to the natural joy and aliveness right inside you.

In this practical down-to-earth guide, readers will learn how to

- make happiness a habit by inclining your mind toward states that lead to well-being
- find joy, even during difficult times, and avoid the pitfalls that prevent you from achieving the contentment you seek
- cultivate effective practices for sustaining joyfulness, such as reclaiming your natural sense of wonder and finding joy in the midst of everyday experiences.

Each chapter of *Awakening Joy* consists of one of the steps in Baraz's ten-step program and includes engaging exercises and practical advice to make happiness your natural default setting. For everyone from the cynic who is despondent over life's many sorrows, to the harried commuter raging at freeway traffic, this book offers up a simple yet powerful message of hope grounded in the realization that joy already exists inside every one of us. Like a precious child, it only needs to be recognized, embraced, and nurtured in order to grow to its full potential

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