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Awakening Joy

In his groundbreaking first book, written with Shoshana Alexander, *Awakening Joy: 10 Steps to Happiness* (A Bantam Books Hardcover). James Baraz, cofounder of Spirit Rock Meditation Center and renowned meditation teacher for more than 30 years, reveals his 10-step program, based on the curriculum of his popular “Awakening Joy” course, for how we can reorient our minds away from dissatisfaction and distraction and toward the contentment and delight that is abundantly available in our ...

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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.

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He is co-author of two books Awakening Joy: 10 Steps to a Happier Life and Awakening Joy for Kids. James has taught the Awakening Joy course to over 20,000 people from 30 countries since 2003, as well as retreats and workshops in the US and internationally.

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I don't read a lot of self-help or inspirational books, but even if you never read anything in this genre, Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness is one you should try. It's about enjoying your life, consciously picking the things that make life more enjoyable and purposefully thinking about them.

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~~Awakening Joy—10 Steps to a Happier Life~~

10 Steps to a Happier Life. Joy is not for just the lucky few—it's a choice anyone can make. Awakening Joy is an internationally recognized course designed to awaken joy through exciting themes and practices that incline the mind toward well-being and deeper insight. 5-Month Course with 10 Themes, One Every 2 Weeks. Taught by James Baraz

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Quotes from Awakening Joy: 10... "RAIN When you are in the midst of a strong emotion, take a few moments to try this approach: Recognize what you are feeling and name it. Anger, fear, sadness, confusion?

~~Awakening Joy Course~~

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