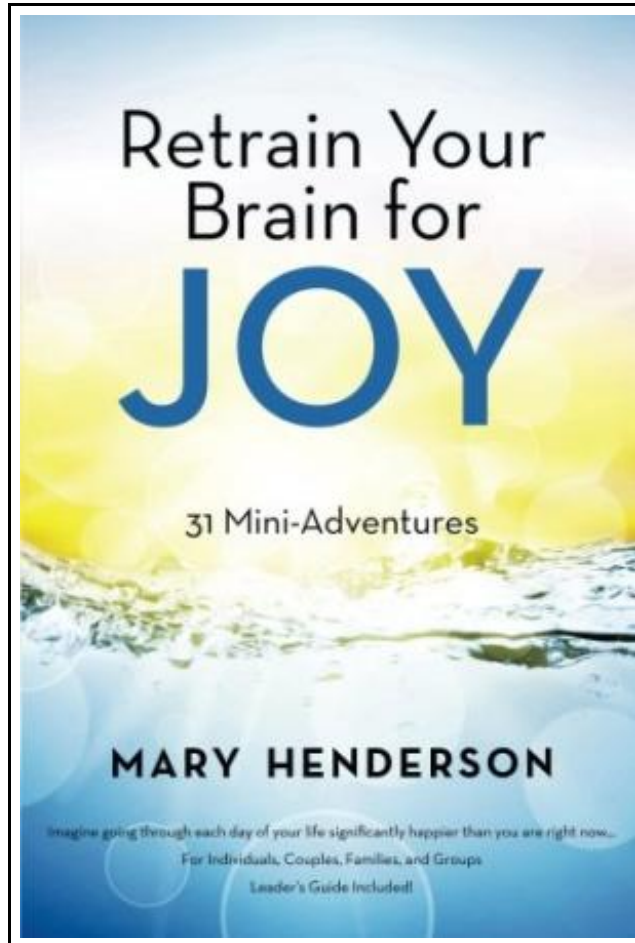


## Retrain Your Brain for Joy: 31 Mini-Adventures



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*(Dominic Collins)*

## RETRAIN YOUR BRAIN FOR JOY: 31 MINI-ADVENTURES



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WestBow Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Make joy a habit and transform your life! You can train your brain to experience each day with increasingly greater joy! Dive into this one-month plan of simple activities that keeps you creatively engaged and stimulated as you develop a consistently joyful outlook. Research tells us that it takes a month of daily practice to acquire a new habit. These thirty-one mini-adventures are designed to produce a consistent mindset of joy that overflows into everything you do. More than a modern-day self-help solution, this approach has been around for centuries--even millennia. It's what the apostle Paul wrote about in 61 AD amidst a lifestyle of impoverishment, criticism, and hardship. Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things (Philippians 4:8 NASB). Wherever you are in life, whether facing minimal or major obstacles, you can train your brain to experience greater joy and fulfillment. As you start on this adventure, it will be like playing a game throughout your day, creating a secret inner-life that keeps you smiling inwardly, even through mundane tasks. Along the way, you're transforming your mindset and creating new lifelong habits. So onward and upward--into the light! Features: \* Questions for individual, couple, family, or group use. \* Leader's guide for eight weeks of group study. \* Thirty-one adventure cards for inspiration and note-taking throughout the day.



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