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This simple yet profound handbook uses current happiness studies to offer easy, fun ways to raise your happiness level. The menu of games and practices is built around seven color-keyed themes (from “Receiving” to “Venturing”) to help you remember to incorporate a wide variety of joyfulness practices into your life. Includes a “random color generator” for inviting chance into your daily joyfulness planning and a CD of seven delightful songs that reinforce the joy messages. Great for group exploration as well as individual play.

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Questions? Contact Amanda at fullspectrumjoyfulness@gmail.com.