



Choose Joy Participant's Guide: Because Happiness Isn't Enough (A Four-Session Study)

Kay Warren

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Ever wonder why some people seem to experience joy in their daily lives--even in the tough times--and others can't seem to find it no matter how hard they search? Is a joy-filled life really possible?

The answer is yes! And it's possible for every woman, no matter what her circumstances may be. In this inspiring book, Kay Warren teaches women what joy really is, where to find it, and how to choose it in the good times and the bad. With compassion and wisdom, she shows readers--even those who live with the constant companions of discouragement and depression--that true joy is deeper, richer, and more accessible than they might think. Perfect for small groups or individual reading, *Choose Joy* will empower women who feel like their emotions and well-being are at the mercy of others by helping them understand the life-giving truth that joy is within their grasp--every day.

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