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Awakening Joy

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 15,000 people from 30 countries since 2003, as well as retreats and workshops in the US and internationally.

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In these times of economic uncertainty "Awakening Joy" shows we can get through hard times and use our experience to keep the 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.

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Awakening Joy 10 Steps to Happiness James Baraz

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Awakening Joy Course

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Awakening Joy

Happiness is not for the lucky few it s a choice anyone can make. In his groundbreaking first book, written with Shoshana Alexander, Awakening Joy: 10 Steps to Happiness (A Bantam Books Hardcover).

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