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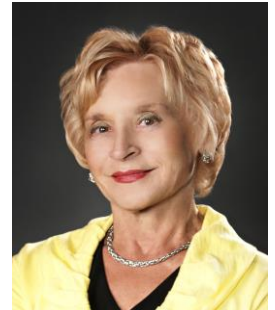
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Finding Joy in Everyday Moments



Dr. Jane A. Simington, PhD.

Joy is a heart full and a mind purified by gratitude.

Mariette McCarty

The Talmud, the Jewish Book of Wisdom, reminds us we will be called into account in the here-after for all the God-given pleasures we have failed to enjoy. A deep inner peace and contentment come from finding the joy that is ours simply by becoming fully aware of, and more appreciative of, the many pleasures that are there for us to experience each and every day. Too often, however, we are like children standing in a beautiful park with our eyes tightly shut. It is only when we open them that we realize what already surrounds us and what we have not been seeing.

Finding Joy in Every Moment is about exploring more fully the meaning of joy, and discovering the numerous ways to live a more joy-filled life.

During our time together you will:

- 1) Define joy and distinguish joy from happiness
- 2) Examine the mental and emotional value in experiencing everyday pleasures.
- 3) Relate the connection between experiencing everyday pleasures and joy to improved nervous system functioning
- 4) Examine the relationships between joy, empowerment and hope.
- 5) Explore the connections between spiritual well-being and the joy factor.
- 6) Experience cloaking yourself in a new robe of joy that will remain yours.