

Based on a national “joy study,” here is a workshop leader’s 28-day blueprint to greater happiness broken down into three remarkable steps. Is it possible to study what creates joy in our lives—and to break down the results into a believable, achievable program for inner fulfillment? Mechanical engineer, corporate manager, and motivational coach Jacqueline Kelm discovered that the answer is yes—and she shares her results in *The Joy of Appreciative Living*. One day while preparing for a speech before a local spiritual community, Kelm experienced a breakthrough. She found a simple way of integrating all the principles of positive-thinking philosophies into three basic exercises. These three steps to lasting, meaningful joy require less than five minutes a day, plus fifteen minutes on the weekends. Her workshop audiences were astounded. Realizing that she was onto something, Kelm designed a study to see how these exercises would work for different kinds of people. Using a cross section of adults around the United States, Kelm’s “joy study” showed that after twenty-eight days, 97 percent of participants assessed themselves to be significantly happier. Even more remarkable, participants in the study continued to feel happier even six months afterward. Just three exercises in twenty-eight days? It sounds so simple because author Jacqueline Kelm makes it simple. The book will highlight exactly how and why these exercises work. *The Joy of Appreciative Living* transforms complexity, insight, and years of trial into one focused, high-powered program of daily practice that can make all the difference in your world.

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