

## [AWAKENING JOY 10 STEPS TO HAPPINESS](#)



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### **Awakening Joy Official Site**

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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Each chapter of "Awakening Joy" consists of one of the steps in Baraz's ten-step program and includes engaging exercises and practical advice to make happiness your natural default setting.

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