



The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment

By Donald Altman MA LPC

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Do you long for the ability to live fully in the moment? Do you wish that you could transcend everyday worries, dissolve discontent, and find true happiness? If so, *The Joy Compass* is your guide.

Packed with tips and strategies for overriding the brain's natural negativity bias, this practical pocket guide will teach you to recognize your negative moods as early as possible and refocus your attention toward the people, pleasures, and thoughts that bring you the most joy. Inside, you'll find eight unique mindfulness pathways to align your personal happiness compass and keep joy within arm's reach—no matter the situation. So get ready to reset your moods, release your laughter, and discover meaning and happiness right here, right now.

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Editorial Review

Review

“If you have this book in your hands you are about to make an exponential leap forward in your own personal evolution. Altman's compassionate, sturdy voice gently guides you through seemingly disparate pieces of your internal landscape back to your center, from which self-reliance, self-worth, empathy, and a renewed sense of your innate natural joy can abound. This is a calming and inspirational manual for restructuring any faltering emotional system; an exploration of this book may result in effervescent joy and unbridled contentment.”

—Christopher Kennedy Lawford, goodwill ambassador to the United Nations, CEO of Recover to Live and Global Recovery Initiative, global speaker on recovery, and best-selling author of *Moments of Clarity* and *Symptoms of Withdrawal*

“The most important discovery that human beings can make is the discovery that they can change their state of mind from negative to positive. We do not have to be victims of our minds and its moods. In this book Donald Altman describes eight simple ways (tested and proven by research) that we all can become more joyful and at ease in our lives. It's just what the doctor prescribed—free happiness medicine! Why don't you try it?”

—Jan Chozen Bays, MD, pediatrician and Zen roshi (teacher), and author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food* and *How to Train a Wild Elephant: And Other Adventures in Mindfulness*

“*The Joy Compass* is a refreshingly user-friendly manual that nimbly demonstrates Donald Altman's decades of expert experience teaching practical techniques of applied mindfulness. This potent little book provides extremely timely advice for a stressed-out society!”

—Jeffrey M. Schwartz, MD, coauthor of *You Are Not Your Brain*

“*The Joy Compass* presents invaluable insights and exercises for training yourself to be more present, lucid, and filled with joy—even during life's most ordinary moments. It is a must-read for anybody who is serious about developing present-moment awareness, simple happiness, and freedom from anxiety and depression. Use it just like a sailor uses a real compass—as a guide into the calm joy of sunny skies and quiet seas.”

—Tobin Blake, author of *Everyday Meditation: 100 Daily Meditations for Health, Stress Relief, and Everyday Joy*

“What a refreshing guide to rejuvenation and self-discovery. Donald Altman’s new book, *The Joy Compass*, provides eight strategies that will open your mind to possibilities you may never have considered. This book is a must-read for all who are seeking mental enrichment in ways that are as fun to read as they are perceptive.”

—John Baldoni, author of *Lead with Purpose: Giving Your Organization a Reason to Believe in Itself*

“Study after study shows that people who are happy and optimistic are also healthier and live longer—and now Donald Altman has given us a wonderfully practical guide to achieving the very emotions and attitudes that ensure good health. Highly recommended!”

—Bill Gottlieb, CHC, author of *Alternative Cures*

“Donald Altman’s books are always full of creativity, kindness and wisdom. This former Buddhist monk is a monastery unto himself, growing a virtual sangha of readers around the ancient meme of joy and presence. *The Joy Compass* is perhaps Altman’s most brilliant metaphor to date. Life is a pursuit of well-being, and learning to pay attention to this body/mind compass of joy within us is the ultimate skill of living. With engineering precision, Altman introduces the know-how of attention-training and intention-training and then walks you through a variety of life-applications. The result? A comprehensive map to well-being, with an effective built-in compass to guide your journey!”

—Pavel Somov, PhD, author of *Eating the Moment*, *The Lotus Effect*, and *Reinventing the Meal*

“Don’t be fooled, *The Joy Compass* is not the latest ‘feel good’ book—though it certainly will point the way to living a life of mindfulness, purpose and fulfillment. Donald Altman’s ‘compass’ comes from his years of practicing in his own life what he teaches in this book and facilitates for his clients and students. He describes the various paths and practices it takes to live life as a creator, rather than a victim to all the forces in the world that conspire to steer us away from a life of choices and vitality. His simple—yet profound—writing rhythm offers ‘content, practice, and reflection.’ This is the ‘CPR’ our modern life needs for resuscitation!”

—David Emerald, co-founder of the Bainbridge Leadership Center and author of *The Power of TED* (The Empowerment Dynamic) and co-author of *TED for Diabetes: A Health Empowerment Story*

About the Author

Donald Altman, MA, LPC, is a practicing psychotherapist, an award-winning writer, former Buddhist monk, the vice president of The Center for Mindful Eating (TCME.org), and an adjunct professor at Portland State University and Lewis and Clark Graduate School of Education and Counseling. The author of *One-Minute Mindfulness*, *The Mindfulness Code*, and other books, Altman leads workshops around the country on mindful living and mindful eating. He lives in Portland, OR.

Foreword writer **Robert Biswas-Diener, DrPhilos**, is widely known as the "Indiana Jones of Positive Psychology." His research on happiness has taken him to such far-flung destinations as Greenland, Kenya, and India. Biswas-Diener is also the author of The Courage Quotient. He lives in Portland, OR.

Users Review

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Inez Morales:

The book *The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment* will bring someone to the new experience of reading some sort of book. The author style to clarify the idea is very unique. In the event you try to find new book to learn, this book very suited to you. The book *The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment* is much recommended to you to learn. You can also get the e-book in the official web site, so you can more readily to read the book.

Bernice Hicks:

The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment can be one of your beginning books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to get every word into joy arrangement in writing *The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment* although doesn't forget the main point, giving the reader the hottest along with based confirm resource details that maybe you can be one of it. This great information may drawn you into new stage of crucial imagining.

Elsie Port:

In this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple solution to have that. What you need to do is just spending your time little but quite enough to enjoy a look at some books. One of many books in the top list in your reading list will be *The Joy Compass: Eight Ways to Find Lasting Happiness, Gratitude, and Optimism in the Present Moment*. This book that is qualified as *The Hungry Hills* can get you closer in turning out to be precious person. By looking up and review this reserve you can get many advantages.

Thelma Cobb:

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