



Empowering Your Life With Joy

Gary R. McClain Ph.D., Eve Adamson

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Let the music move you...to a happier life. With easy-to-apply methods and quizzes, this book shows readers how to use Beethoven's Ninth Symphony, Ode to Joy, to find and embrace joy, even through life's many rough spots. Includes:

- € First Movement: What is joy, and how can one get more of it?
- € Second Movement: Creating joy in mind, body, and soul
- € Third Movement: Reclaiming and embracing joy
- € Fourth Movement: Spreading joy to others

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