



What Brings You JOY?

Carol Miller Fradkin

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A collection of over 350 responses to the simple question “What brings you JOY?”, which was posed to people ages 6-97, with a wide variety of backgrounds, occupations, and challenges, who live in more than 30 US states and five other countries. Some of the responses are comical, some are touching, and many are sure to remind you and your loved ones of things which bring you joy. There are actually medical benefits to experiencing joy, as explained in the book’s forward by Frank Boehm MD. This is a great book to lift someone’s spirits and help them to experience more joy in their life!

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