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Finding joy also leads to longer life spans, Talley says. Research published in *Journal of Happiness Studies* found that happier individuals tended to live

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There is a formula to  
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in Your Everyday Life |*

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If we look hard enough, we can find moments of joy in every day. Or, if the day is a particularly bad one, reach for your happy list and create your own joy. Jumping for joy image via

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(Even the Hard Ones)*

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resolve to find more joy in  
your everyday life? Joy is  
what makes life beautiful.  
It's what gets us through  
challenges and allows light  
in to illuminate the  
shadows. Joy heals our  
wounds, inspires us to

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greatness, and fills our  
souls with goodness.

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bestseller by Fearne Cotton  
about strategies for staying  
positive in an increasingly  
negative world. Living such  
fast-paced and connected  
lives, it's easier than ever  
to find new pressures and  
stresses to internalize.

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the day well; get in touch  
with your creative side; and

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Thursday, 09 February 2017  
Fearne Cotton. Author, TV  
and radio presenter Fearne

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Cotton's new book **HAPPY** draws on her own experiences to provide practical tips on finding joy in the every day. Fearne has recently become a Mind ambassador and has shared an exclusive extract with Mind below. I,

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And Letting Go Of Perfect  
Like many people out there, I assumed that once I had achieved certain accolades, climbed up the career ladder and felt love from those around me, I would feel 'happy'.

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*HAPPY* – excerpt from *Fearne  
Cotton's new book | Mind,  
the ...*

The imperative to joy in us is based on the indicative of good in him. “You shall rejoice in all the good that the Lord your God has given

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to you" (Deuteronomy 26:11).

Joy in the heart of the creature corresponds to goodness in the heart of the Creator. Joy is the fitting response in the receiver to the goodness of the Giver.

But I'm Not Joyful

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*Joy Is Not Optional /  
Desiring God*

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joy in every day and letting  
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Cotton 'Wonderfully honest  
and relatable, and it's also

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extremely comforting and  
reassuring too' MIND, No.1  
Mental Health charity 'I  
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<p><b>'Wonderfully honest

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And relatable, and it's also extremely comforting and reassuring too' MIND, No.1 Mental Health charity</b><br><br><b>'I recommend this for anyone who's looking to find true consistent happiness' Craig

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David  
  
"This book is a way to release what's going on inside your head and to keep heading towards the good stuff.

*Happy by Cotton, Fearne  
(ebook)*

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“Rather than just sitting  
happy in the NOW and knowing  
I'm okay, I can lean more  
towards worrying about  
mistakes I've made in the  
past and things I could have  
done differently.” ? Fearne  
Cotton, *Happy: Finding joy*

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