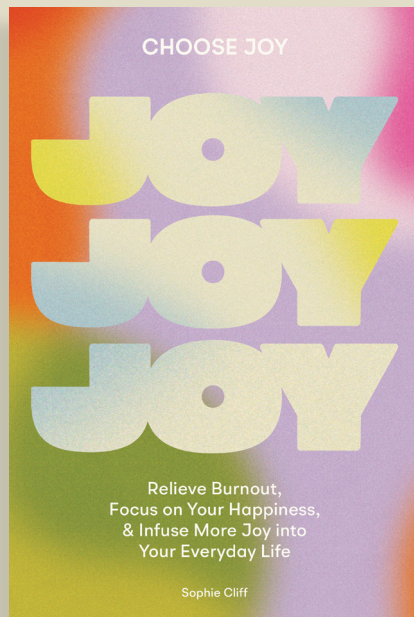


Choose Joy

Relieve Burnout, Focus on Your Happiness, and Infuse More Joy into Your Everyday Life



Protect yourself from burnout and find the balance you've been craving in this chaotic world.

Maybe you're feeling exhausted, both mentally and physically, from the last few years and all of the uncertainty and change that came with them. Maybe you're feeling overwhelmed and struggling to meet the constant demands on your time. Maybe you're finding it difficult to connect with the things that once added joy and meaning to your life. Or maybe you can't even remember what those things were. If you relate to one (or more!) of those statements, certified positive psychology practitioner Sophie Cliff is here to help. *Choose Joy's* research, insights, and exercises will help you:

- Reduce stress and change how you react to it (because busy schedules will never go away)
- Uncover what really matters to you, not what your family or society tells you should matter
- Identify your core values and develop a new approach to achieving your goals
- Boost your self-confidence and realize that you're worthy of all the joy you've been dreaming about

MSRP: \$19.95

FORMAT: 6" x 9" Hardcover

PAGE COUNT: 184

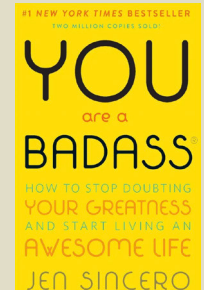
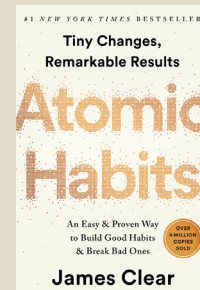
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TARGET AUDIENCE

- Consumers looking for self-help books to help find their true purpose and live a more meaningful life
- Perfect for those looking to reduce stress in their life and build better habits
- Readers looking for resources on how to combat burnout and dissatisfaction in their lives
- Customers of Anthropologie, Urban Outfitters, and Target
- People who follow social media accounts of Brené Brown, Mel Robbins, and Glennon Doyle
- Readers of *The Atomic Habits*, *The Gifts of Imperfection*, *Playing Big*, and *You Are a Badass*
- Readers who want to figure out what joy means to them, and how they can create more of it every single day

Readers Who Purchased:

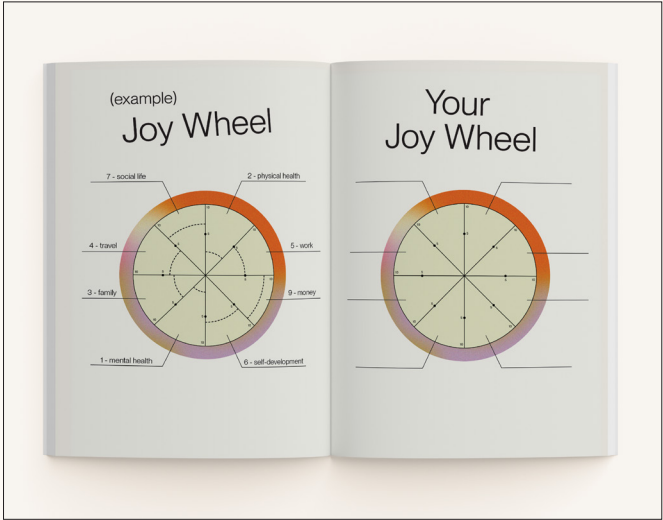
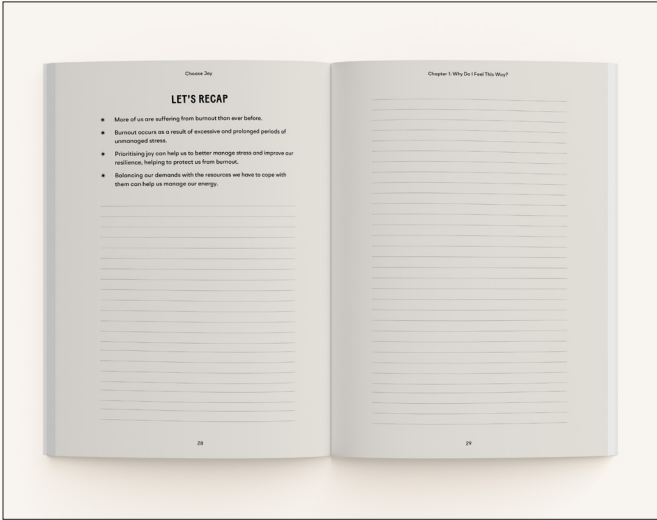
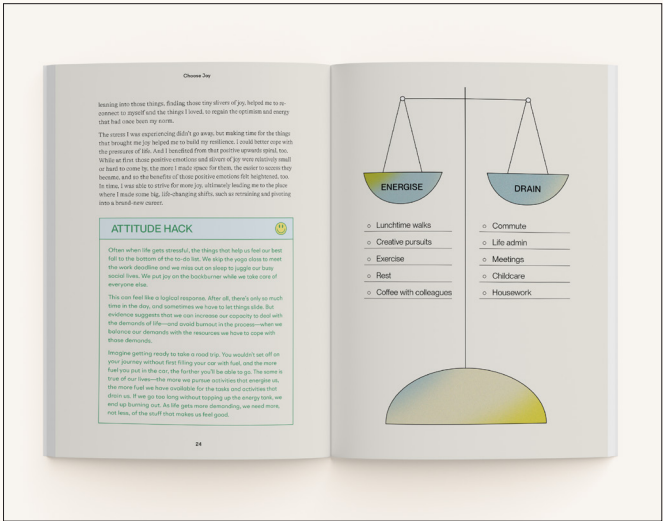


ABOUT THE AUTHOR



19K @SOPHIECLIFF

Sophie Cliff (aka The Joyful Coach) is a certified coach and positive psychology practitioner who uses her expertise to help individuals and organisations flourish by finding more joy and prioritising wellbeing. *Choose Joy: Relieve Burnout, Focus on Your Happiness, and Infuse More Joy into Your Everyday Life* is her first book. Early in her career, Cliff scaled the corporate ranks at companies like the Walt Disney Company and venture-backed start-ups. But while on paper her life seemed perfect, she couldn't fight the feeling that there was something missing. When a family tragedy shook her life, Cliff decided to stop delaying decisions and following the wrong path. In 2018, she started The Joyful Coach, a business helping individuals and companies find purpose and joy.



“Choose Joy is an empathetic and empowering resource for anyone struggling with burnout and self-limiting beliefs. The practical advice Sophie offers is something that we can all benefit from.”

MARY JELKOVSKY
Bestselling Author of *The Gift of Self-Love*