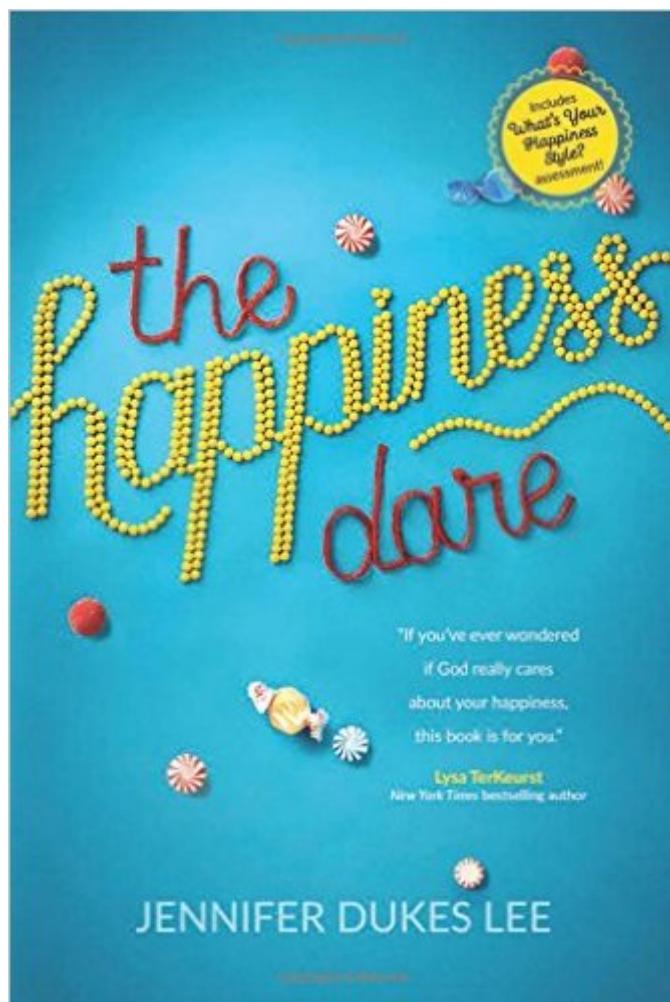


The book was found

The Happiness Dare: Pursuing Your Heart's Deepest, Holiest, And Most Vulnerable Desire



Synopsis

Would you like to be happier? No matter who you are or how you feel, chances are you would answer yes. And Jennifer Dukes Lee was no different. For years, she wrestled with a constant nagging sense that she wasn't as happy as she could be. At the same time, she felt guilty for wanting something so *shallow*. • After all, doesn't God only care that we find joy in our circumstances? Or is it possible that God really does want us to be happy? Determined to get answers, Jennifer embarked on a quest to find out whether our happiness matters to God and, if so, how to pursue it in a way that pleases him. In *The Happiness Dare*, you'll learn what she discovered, including how to: Understand the five happiness styles and maximize yours Overcome the four biggest obstacles that stand in the way of your happiness Find your happiness sweet spot • the place, relationship, or activity that gives you the greatest sense of well-being Discover what you can do in just five minutes a day to be happier Will you take the dare? Join Jennifer in the pursuit of your truest, most satisfied, and most faith-filled self.

Book Information

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Customer Reviews

Let me be perfectly clear: I.LOVE. Jennifer Dukes Lee! But I was hesitant to read another book on finding happiness. In my experience, they're all basically the same. But *The Happiness Dare* is unique and refreshing and will resonate with everybody. What impressed me most is the departure from *happiness shaming* that all those other books seem to hold as the high and mighty path to happiness. This book's emphasis is that all happiness styles are good and valid. YAY! I am not reading that I need to be less me and more

someone else in order to be happy, but I can make some small steps to learn how to incorporate parts of the other styles into my primary style and give myself a break once in a while. This is truly good news! I highly recommend this book even if you're already happy!

With research and passion, this book makes a solid case for living life with true happiness not found in superficial culture. It's encouraging where others have been guilt inducing and action oriented where others just spout words. This is a timely message for an unhappy world, it has changed my life by changing my thinking and thus my behavior.

Jennifer Dukes Lee is the real deal. She writes from a place of vulnerability and honesty. She pursued what it looks like to be happy in her own life and shares the journey with us throughout the pages of her new book. The Happiness Dare is not a "how to" book on how to find happiness. The book, instead, takes us on a path to understanding what happiness looks like for each of us by taking a happiness style assessment. She digs into these styles in depth and backs them up with research. Then she takes us deeper by showing and teaching us that happiness is inside us. "Happiness is looking closer than we dare imagine-right inside us, where the Holy Spirit lives." The Happiness Dare is a challenge to enter into the holy pursuit of happiness. The impact of this book is great and has already changed my happiness outlook. Take the dare, grab this book and read it for yourself. You will be so glad you did!

I'm a firm believer in knowing and understanding yourself. I have facilitated DISC assessments for hundreds of people over the years and talk about how we need to know what makes us tick. (as well as others) Jennifer's new book does that with something that so many people seem to struggle with... Happiness. As you answer a FREE online assessment, you'll get immediate results of what your happiness style is, as well as a detailed breakdown of how you scored in each of the styles. It then goes on to explain how those styles from a research standpoint derive "happiness" and how to do that in authentic, realistic ways. Not touchy feely, well wouldn't that be nice ways, but practical, everyday ordinary ways. Intermingle that with Jennifer's ability to tell a story like none other, and you will find yourself captivated by this small town Iowa girl. Trust me... you won't regret reading this!

The Happiness Dare is good for my soul. It reminds me that productivity is fine and even makes me happy, but working harder isn't the answer to finding happiness & joy. Even when there are boxes to unpack, sometimes summer afternoons need to be spent at the pool. Even when there are

chores looking me in the face, I need to play with my kids or lunch with a friend. I want to find happiness when I run errands and do chores and fulfill commitments and socialize with friends and cross paths with strangers. And by *find happiness* I want to draw near to God, choose gratefulness, and position myself to see the happy around me. That's what Jennifer's book encourages readers to do. Her words don't discount grief and hard days, but they do celebrate the details that remind us God is for us and enjoying life is part of the journey.

This is an excellent book and one that I highly recommend. Not only is Ms. Lee's writing style whimsical and creative, but the content is rich with depth and meaning. As a person who has suffered nearly a lifelong depression, I accepted 'The Happiness Dare' as a letter from Jesus, inviting me to experience a life abundant. Through it, He has done a divine work and one that has been life-changing for me. These are not words I would pen lightly. No, it is because it is true and because this really happened that I would make such a claim. I was, at first, intimidated by the prospect of reading a book about happiness, but was delighted to find a gentle guiding hand -- as if from a dear friend -- that showed the way to authentic happiness. So, don't be afraid. If you're a misfit or a straggler, a depressive or a wanderer, Jesus says to come as you are and find rest for your souls. Thank you, Jennifer, and bravo on having written a wonderfully needed book.

Oh my. I read this book because I loved her book *Love Idol*, and I thought this would be a good book to have in my library as I encourage others to do Missionary Care. I didn't realize the profound effect that the book would have on me! Oh, it starts off fun enough, identifying your happiness style and how it affects your outlook on life (or how others' styles are affected). As you get deeper into it, it breaks you wide open with little exercises to allow you to change your brain in 5 minutes a day. She uses science and scripture, stories and confessions to guide us along this life-changing journey at a time there is so much to be unhappy about in the world. The timing is perfect. We need this book today. (I read this book as a part of a pre-release book club and I received a free digital copy to read in exchange for my honest review. I purchased 2 more copies of the book - and will be leading a Women's book club through my church this fall, because it's that good!)

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