



# Joy Jots: Exercises for a Happy Heart

*Tamara L Gray*

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## **Joy Jots: Exercises for a Happy Heart** Tamara L Gray

Joy Jots is a collection of 52 weekly essays that take the reader through a year of seasons, blessings and joyful spiritual growth. The reader goes on a journey from lessons learned to lessons lived, from talking about joy to feeling joy.

"Joy jots" is a phrase coined around mindful thankfulness. As the reader works through the reflection prompts and practical projects, she will find herself collecting joy jots; happy moments or points of deep thankfulness to God. As the habit of joy develops, the reader will begin to know herself better, draw closer to her fellow human beings, and set herself firmly upon the path that leads to real, all-encompassing joy - in this life and the next.

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Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try matter that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Joy Jots: Exercises for a Happy Heart, you are able to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

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