



York JCC

2000 Hollywood Drive,
Lancaster, PA 17403 USA **Office:** (717) 843-0918
Email: rabbi@jewishenrichment.com

[Directions](#) [Contact](#)

How Happiness Thinks

Since the dawn of time, man has been ever-fascinated by the workings of the human brain. Only recently, scientists have been discovering the underlying dynamics that shape and influence our frame of mind--new ways to cope with anxiety and stress, steps that we can take to crystallize our self-concept, and practical tools we can use to build the resilience and grit to ride through any challenge life throws our way.

Surprisingly, Torah and the Talmud have for centuries advocated various approaches to achieving happiness; ideas that are only now being confirmed through scientific observation. *How Happiness Thinks* offers a Jewish roadmap to happier living. Every lesson contains poignant insights into how our minds operate with practical steps you can take to boost your happiness levels to places unimaginable.

6 Wednesdays beginning Nov 5th - Dec 10th

7:00 PM - 8:30 PM