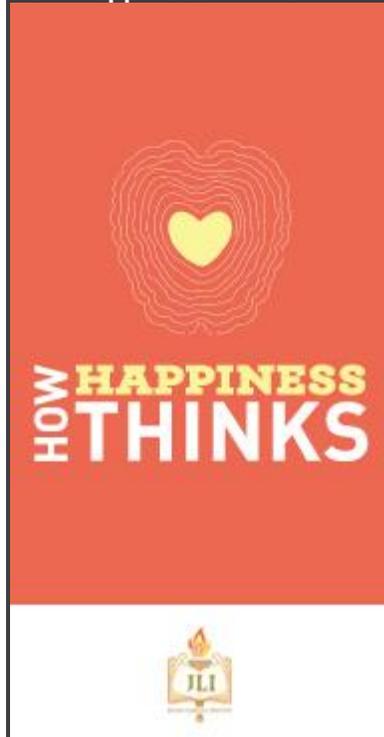


How Happiness Thinks



NOVEMBER, 2014

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## AN *aha!* MOMENT IN EVERY LESSON.

### Course Overview

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.

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### Lessons Overview

#### THE JOY OF BEING YOU

*Finding a Self-Concept of Happiness*

How you think about yourself is crucial to your happiness. What is the self-concept that yields happiness, protects against the misery of low self-esteem, and avoids self-centeredness?

## **THE JOY OF PURPOSE**

*Facing Stress with Patience, Mindfulness, and Hope*

Stress is an impediment to happiness. How can we rise above the everyday worries and frustrations, whether they are about the present or future, and retain our joie du vivre?

## **THE JOY OF HAVING**

*Learning the Art of Gratitude*

Good fortune—wealth, beauty, genius, or power—don't necessarily lead to more happiness. But is there a way to build joy from our good circumstances? How do we master the art of experiencing the goodness of life?

## **THE JOY OF STRUGGLE**

*Exploiting Our Shortcomings as Sources of Happiness*

Our flaws and deficiencies can drain us of our happiness. How might we succeed in reframing our challenges and deficiencies as joy-inspiring opportunities of cosmic proportion?

## **WHEN JOY SEEMS ELUSIVE**

*Coping with the Pain of Loss*

The loss of a loved one changes our lives forever. What can help us cope through these difficult moments of grief and bring us back to emotional equilibrium?

## **THE JOY OF THE SPIRIT**

*Exploring the Deeper Dimensions of Happiness*

Research suggests that meaning and spirituality can make us happier. Why is this so? Discover how spirituality and meaning can help you take your happiness to greater heights.

Accreditation

In joint sponsorship with the Washington School of Psychiatry (WSP)

### **Earn up to 15 CE credits from:**

- > The American Psychological Association (APA)
- > The American Council for Continuing Medical Education (ACCME)
- > The California Board of Behavioral Sciences (CBBS)
- > The Social Work Board of the State of Maryland

### **and up to 15 CE credits from:**

- > The National Board for Certified Counselors (NBCC)