

BOOKS WORTH READING

Understanding Yourself And Living A Joy-Filled Life

(NAPSA)—What is the secret to a joy-filled life? Does such a thing even exist? A new book not only contends that we each have the capability to experience joy, but also that it's close—closer than most of us might imagine.

It starts by looking to the Bible—and the “to-think” list set forth by the Apostle Paul in Philipians 4:8: “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue and if there is anything praiseworthy—meditate on these things.”

The Joy-Filled Life

According to author Tommy Newberry, there is no limit to your full potential once you recognize and put into practice the secret to a joy-filled life. And in “The 4:8 Principle” (Tyndale House), he challenges readers to discover, develop and defend their joy. Newberry offers field-tested strategies, sensible suggestions and sustainable approaches to living a joy-filled life, including advice on how to:

- Create a fresh start, beginning today;
- Upgrade your “joy software”;
- Develop immunity to negative influences;
- Eliminate destructive emotions; and
- Express exceptional gratitude.

4:8 Questions

One of the methods people have at their disposal for setting themselves on a joyful course is asking 4:8 questions—questions about their lives that extract positive responses. Examples include:

- What are five things I am thankful for right now?

Get ready to transform your mind and experience joy in your life like you never have before.

— DR. LES PARROTT

THE 4:8 PRINCIPLE



TOMMY
NEWBERRY®

A new book helps people discover how to go about living a joy-filled life.

- What are five of my strengths or positive traits?
- What are five of my best achievements so far?
- Who are the five people who love me the most?
- What five things am I looking forward to in the next seven days?

Each of these questions demands a positive answer, and in coming up with five answers for each, you are compelled to dwell on the positive. This is a simple tool to displace negativity in the short term and help you take conscious control of your repeated thoughts.

Since 1991, Newberry, author of “Success Is Not An Accident,” has worked as a life coach, helping people revitalize their minds, get unstuck from disagreeable conditions and go on to leave their unique mark on the world. To learn more or to order a copy of “The 4:8 Principle,” visit the Web site at www.tommynewberry.com.