



## **In Pursuit of Joy**

*Gary Green*

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## **In Pursuit of Joy** Gary Green

Reader's Favorite Bronze Medal Winner!

In Pursuit of Joy has been called inspiring and brutally honest. Using examples from his own recovery from depression and alcoholism, as well as drawing from a wide range of sources, Gary Green demystifies mental illness and addiction. This concise and understandable book teaches lessons that are essential for anyone struggling with their life; but also valuable for everyone.

This book will help you:

- 1.Understand the causes of mental illness.
- 2.Understand the recovery process.
- 3.Reduce feelings of worthlessness and isolation.
- 4.Conquer addictions.
- 5.Communicate more effectively.
- 6.Improve relationships.
- 7.Reach a new level of spiritual understanding.
- 8.Increase your level of happiness.
- 9.Find hope again.

This book will change your perspective from avoidance of pain to a pursuit of joy.

## **In Pursuit of Joy Details**

Date : Published July 30th 2014 by Strategic Book Publishing & Rights Agency, LLC (first published 2009)

ISBN : 9781631354212

Author : Gary Green

Format : Paperback 116 pages

Genre :

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## From Reader Review In Pursuit of Joy for online ebook

### Gary Green says

Reviewed by Mamta Madhavan for Readers' Favorite

In Pursuit of Joy by Gary Green is an honest book about the author's journey from that of an alcoholic to finally finding peace with himself and the universe. The author's story is tangible and connects to many readers, especially those who are going through traumatic phases in their lives. The book progresses from the author's life to his struggles and finally to that of recovery and spiritual development, which gives readers hope that recovery and healing are possible if one wants to get out of the depressive rut they are stuck in. The little stories, examples, and situations shared by the author make it an uplifting read and give hope to many readers.

The author shares his life from childhood and he makes readers understand how depression can be overcome using proper methods and tools. The author's thoughts, tips, and techniques are insightful, profound and easy to put into practice. The book will raise the hopes of many alcoholics and motivate them to make positive changes in their lives. The human need for intimacy and acceptance are discussed throughout the book and how the author learned to achieve it.

The author's style of writing is simple and elegant, and it reaches out to a wide audience. The author's story is indeed very inspirational and motivational and it gives a sense of satisfaction and fulfillment to readers. It's definitely a book worth reading for all those who are battling anxiety and depression in their lives. An uplifting book of healing and recovery that will motivate many readers.

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### Gwen says

I didn't agree with much of Gary Green's philosophy in In Pursuit of Joy, but that isn't the main reason for the three star rating. The book didn't go into a lot of detail (by the author's own choosing as he mentions in the final chapter) and I like to see some detail and back up work on an author's reasoning. The book is a quick read, but I really don't recommend using your reading time for this particular book.

I received this book free from Goodreads First Reads.

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### Purple Birch Publishing Ltd. says

Despite being about Gary Green's personal battle with poverty, alcoholism, and depression, "In Pursuit of Joy" is an uplifting book chock-full of powerful insight and wisdom. It leaves you feeling good and capable of accomplishing anything. Everyone can relate to Gary's tale.

Gary has been sober since 1991 and helping adults by providing mental health services. You can tell he has done a great study on the pursuit of joy in his own life. Unfortunately the problems he faced are still

prevalent in today's society.

Gary was able to overcome these challenges and find self love and acceptance in an environment where he thrives. One of my favorite passages from "In Pursuit of Joy" is:

"...love is a very powerful emotion that most people don't understand and many people don't get enough of.

Self-acceptance does not happen all at once. Most of us would find it very difficult to handle having all our faults exposed all at once. It is not all about exposing faults either. Many people have a difficult time accepting the good things about themselves. I was certainly one of those. I never believed any complimentary things that were said to me. Over the years I have come to accept that I do have positive qualities. I have also come to accept that I have flaws. None of this happens all at once. It is a growth process."

This book is full of life lesson anecdotes which will open your eyes to help yourself on your own path to joy. Let Gary Green help you evolve to a state of unconditional love.

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## **Ebook Planet says**

In Pursuit of Joy is an autobiographical tale of a boy's journey into adulthood, and a brutally honest account of poverty, alcoholism and depression (which has been incorrectly labelled as an illness rather than a disorder.) Gary Green, the youngest child of 8, had a tough start in life and things got a lot worse for him before they got better. There is no glamourisation or glorification here, but it is admirable to see how the author overcame his problems.

The introspective and spiritual elements were particularly interesting to read and never came across as preachy or pedantic. Green has demonstrated great insight, taking care to explain the psychological impact of environmental factors, and he carries a powerful message that will resonate with those who have experienced similar problems.

Others can certainly learn a lot from In Pursuit of Joy, and the fact Green is now the director of a treatment centre is particularly uplifting. The book is grammatically flawless, and I am sure the author will argue the occasional laboured point was intended to create emphasis and impact. Other than the low page count, there are no major issues here.

Those who have experienced addiction and depression will find this to be a must-read, and I do not think it is an exaggeration to say it may just save a life.

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## **Joanne says**

This book spoke to me on a deeply emotional level. I grew up in several physically and mentally abusive households, and spent most of my childhood and adolescence being told that I was unlovable, defective and there was something wrong with me that made it impossible to treat me like a human being. As a result, I now suffer from severe depression and anxiety. My journey closely resembles the author's, except instead of alcohol I used drugs to self-medicate. I'm still not a very religious person, but with the support of some close friends I met along the way and the extreme patience of my husband, my mental issues are manageable, although I still have bad days. This book is a great resource for anyone who is ready to take steps to improve

their lives and mental health.

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