



# Chasing Joy: Musings on Life in a Bittersweet World

*Edward Hays*

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The spiritual imagination of Ed Hays comes alive in each of the forty reflections on joyful living found in *Chasing Joy: Musing on Life in a Bittersweet World*. Joyful living is our God-given right, says Hays, as he challenges readers to dig through life's miseries and darkest pains to discover the goodness God continues to promise all of humanity. Hays uses common joys and struggles of ordinary lives, blending them with some of the great wisdom figures and traditions of our world to offer a wide variety of delightful hints and spiritual exercises for cultivating deeply rooted joy.

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