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## Choose Joy by Kay Warren

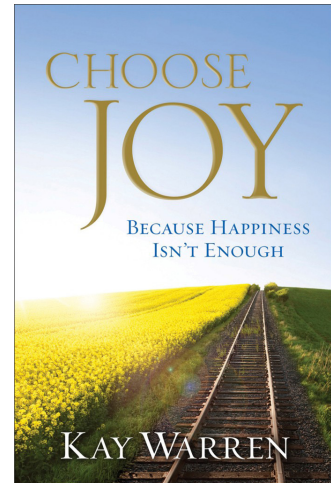
### Fact Sheet

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**Title:** *Choose Joy: Because Happiness Isn't Enough*

**Synopsis:** Between tough economic times and everyday “life” struggles sometimes it may feel as if things are hopeless. Happiness doesn't just seem fleeting, it often seems unattainable.

Kay Warren is no stranger to sorrow and difficulties. Though she lives in the public life as the co-founder of Saddleback Church - one of the nation's largest and most influential churches in America - with her husband Rick, the circumstances in Kay's life have not always been perfect. She has personally experienced abuse, two bouts with cancer and various other hardships along with witnessing women and children worldwide who are hurting from HIV&AIDS, hunger, and poverty.



While very difficult, these circumstances have taught Kay valuable lessons about the true meaning of joy. Realizing that many other women struggle with experiencing joy - if they even know what it is - Kay decided the lessons she has learned needed to be shared.

In *Choose Joy: Because Happiness Isn't Enough*, Kay draws from biblical principles and her own life experience to illustrate what joy really is, where to find it, and how to choose it in the good times and the bad.

**Author:** Kay Warren, cofounder with her husband, Rick, of Saddleback Church in Lake Forest, California, is a Bible teacher, a best selling author, and an international speaker. She is an advocate for people living with mental illness, orphaned and vulnerable children, and people living with HIV and AIDS. Her children are Amy and Josh, and Matthew who is in Heaven, and she has five grandchildren. Learn more at [www.kaywarren.com](http://www.kaywarren.com) and follow her on Facebook (Kay Warren) and on Twitter (@KayWarren1).

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**Website:** <http://www.KayWarren.com>

**Facebook:** <http://www.Facebook.com/KayWarren>

**Twitter:** @KayWarren1