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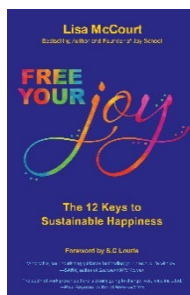
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FOR IMMEDIATE RELEASE

Learn a unique formula for sustainable happiness and authentic, lasting peace and fulfillment.

“Applicable, soul-nourishing guidance for flooding your precious life with joy!”

—**SARK**, author of *Succulent Wild Woman*, PlanetSARK.com



Boca Raton, FL, August 22, 2023 —Learning about joy is one thing, but it’s the *doing* that actually shifts your energy. Joy is not an elusive fantasy to be chased; it is simply a skill to be learned, practiced, and mastered.

In her new book, *Free Your Joy: The 12 Keys to Sustainable Happiness*, Lisa McCourt, host of the *Do Joy!* podcast and founder of Joy School, offers a unique approach to joy and emotional wellness. McCourt takes readers, month by month, through the life-altering principles of vibration elevation that she has taught for 20 years through her Joy School.

“The baseline level of joy we experience in our daily lives is nothing more than a longstanding habit. With the right tools and a bit of commitment, we can create the *new* habit of a sustainably elevated Joy Setpoint that upheaves every aspect of our lives,” says McCourt.

The 12 keys include:

- Awaken the Observer
- Know Thyself
- Understand Joy’s Obstacles
- Feel to Heal

Each of the 12 “keys” to experiencing sustainable, authentic joy builds sequentially upon the previous one to create a progressive shifting of the reader’s inner landscape to one of joy and ease. As the inner landscape transforms, transformation of the external reality inevitably follows. McCourt offers weekly “homeplay” for the reader to take into their daily experience which upgrade their thought patterns and default reactions into beneficial new habits of thought and behavior.

About the Author



Lisa McCourt has taught joy—in all its many flavors—for over two decades to thousands of learners. Founder of Joy School (at [LisaMcCourt.com](https://www.LisaMcCourt.com)), Lisa has penned over 40 books for adults and children in addition to collaborating with industry leaders such as Jack Canfield, Mark Victor Hansen, and James Van Praagh. Combined, Lisa’s books have sold over 9 million copies and earned over 9,000 glowing Amazon reviews. A podcaster, former popular CBS Radio host, and joyful singer in Michael Beckwith’s Agape Choir, she brings her passion and unique blend of skillsets to an eclectic career path that is ever mysteriously unfolding, just the way she likes it.

Free Your Joy: The 12 Keys to Sustainable Happiness

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Trade Paperback, 320 pages

Available for pre-order

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Reviews, photos, links to previous interviews and Q&As are available upon request.

Media Questions for *Free Your Joy* By Lisa McCourt

1. You recently wrote a book, *Free Your Joy*. Can you tell us more about the new book?
2. Why did you write *Free Your Joy*?
3. What is the book’s message?
4. Your book offers 12 keys to sustainable happiness. Can you tell us a few of them, and how they can help readers?
5. Your book draws on your Joy School trainings. Can you tell us more about Joy School, and how it influenced your book?
6. In your book, you refer to Joy Setpoints. Can you tell us more about Joy Setpoints, and how discovering them can help readers?
7. What are some strategies for navigating situations that interfere with being able to experience joy?
8. Do you have any advice for anyone trying to live a life of joy?