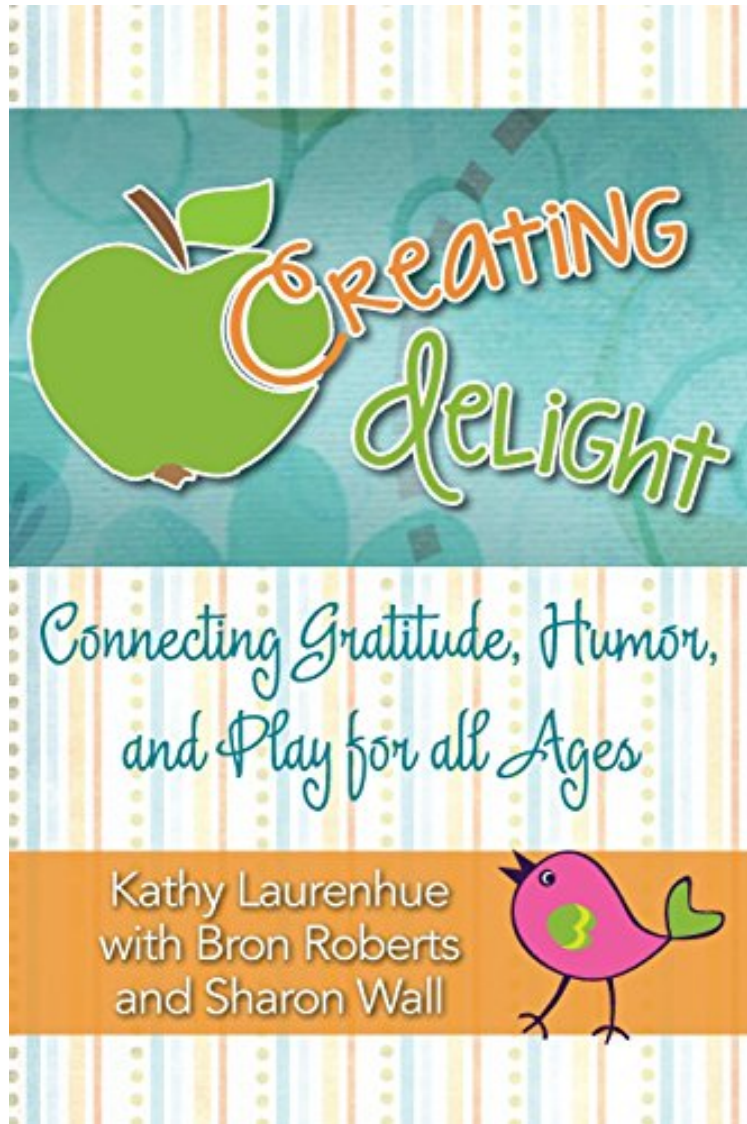


[Free pdf] Creating Delight: Connecting Gratitude, Humor, and Play for All Ages

Creating Delight: Connecting Gratitude, Humor, and Play for All Ages

Kathy Laurenhue

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Kathy Laurenhue : Creating Delight: Connecting Gratitude, Humor, and Play for All Ages before purchasing it in order to gage whether or not it would be worth my time, and all praised Creating Delight: Connecting Gratitude, Humor, and Play for All Ages:

0 of 0 people found the following review helpful. Delightful!By Joyce SimardThis book as its name implies, is delightful! Different from "gratitude" and the book is a lovely reminder to look for or create delight in our lives. After

reading the book I started my own "delight" journal, making notes about the "delights" in my everyday life. There are so many creative ways to show delight, easy, inexpensive and brings us back from the negative news that seems to be what makes "headlines", our constant check on the cell phone, and how many of us are tied to the computer. Thank you for this wonderful reminder to look for and find joy in the many delights that surround us all. 0 of 0 people found the following review helpful. LOVED IT! By Jill P Knox Creating Delight is an uplifting and enjoyable read that has universal appeal. The author not only connects gratitude to humor and play but provides techniques for giving and receiving compliments for those who find this social skill sometimes awkward. Chapter 3 focuses on how to visually display gratitude. The colorful photos made me want to run to the nearest craft store and begin a new project.. There is something heartwarming about receiving a gift that is home made. I loved the section describing rituals and have added some of the suggestions to my own gratitude practice. The resource pages are invaluable and encourage the reader to continue their gratitude journey. I found this book to be absolutely deLIGHTful! 0 of 0 people found the following review helpful. Wonderful, creative book! By karen love This wonderful book is chockful of fun and creative ideas. Just reading it fills me with happiness and creative energies. I especially liked all the photos showing creations. The book is really well done!

Creating Delight is a mildly subversive, highly practical and entertaining alternative to the gaggle of gratitude promoters who seem a bit too serious about adding joy to your life. While the authors are in absolute agreement with the inspiring experts who tout the importance of gratitude, this book builds on their work by connecting it with humor and play. It broadens the possibilities, offers a lighthearted attitude, and provides dozens of specific ideas for sharing the pleasures of being alive. Whether you serve students/children, older adults, or your family and friends, use this book as a guide to illustrate concrete ways you can help them find delight. Delight has connotations of not only happiness, but unexpected pleasure. Find it in this book.

About the Author Kathy Laenhue, CEO (Chief Enthusiasm Officer) of Wiser Now, Inc. has put her master's degree in Instructional Technology (training) to work in the field of aging for 30+ years throughout the U.S. and Australia. Although she built her reputation on her work in dementia care, for the last dozen+ years her focus has been on the broader field of wellbeing in aging and providing positive stimulation for the minds of all older adults as well as intergenerational audiences. She is the author of four books, dozens of downloadable courses, plus literally thousands of word games, trivia quizzes, discussion topics, and creative training exercises. She is known for providing practical information that can be instantly put to use and delivering it in a lighthearted manner.