

## **Committing To Joy: a partial bibliography**

Y'all:

In our search for reading up on joy and how—and why—to find it, we came across some interesting articles that we thought we'd share, in case you want to do some reading up on the subject. Read or not—this is not homework!—and let us know what you think when we see each other in a couple of weeks. Some of these are links to books on Amazon, and you can click through to get a substantial excerpt.

Meanwhile, wishing you joy,

Karen and Callie

These talk about trying to find joy when all around you there is none. Or not much. And why that's still important:

<https://www.health.harvard.edu/blog/how-can-you-find-joy-or-at-least-peace-during-difficult-times-202210062826>

<https://www.helpguide.org/articles/healthy-living/finding-joy-during-difficult-times.htm>

<https://www.aarp.org/health/healthy-living/info-2020/finding-happiness-during-tough-times.html>

These books discuss joy as being something beyond happiness:

[https://www.amazon.com/dp/B0B8BRMXGM/ref=sspa\\_dk\\_detail\\_2?psc=1&pd\\_rd\\_i=B0B8BRMXGM&pd\\_rd\\_w=gP1Sc&content-id=amzn1.sym.f734d1a2-0](https://www.amazon.com/dp/B0B8BRMXGM/ref=sspa_dk_detail_2?psc=1&pd_rd_i=B0B8BRMXGM&pd_rd_w=gP1Sc&content-id=amzn1.sym.f734d1a2-0)

[https://www.amazon.com/Inciting-Joy-Essays-Ross-Gay/dp/1643753045/ref=sxts\\_entity\\_rec\\_bsx\\_s\\_def\\_r00\\_t\\_auf1?content-id=amzn1.sym.a36c3969-](https://www.amazon.com/Inciting-Joy-Essays-Ross-Gay/dp/1643753045/ref=sxts_entity_rec_bsx_s_def_r00_t_auf1?content-id=amzn1.sym.a36c3969-)

And this is about why it's important to insist on joy for yourself:

<https://aestheticsofjoy.com/2019/11/08/joy-is-an-act-of-resistance-how-celebration-sustains-activism-2/>

Finally, a snippet of a documentary on the relationship between the late Archbishop Desmond Tutu and his Holiness the Dalai Lama. At about 8:55 in, they talk about what they think joy is and what happens when one pursues it. Worth a listen for about 3 minutes. Of course, you're welcome to view the entire thing.

<https://youtu.be/8VIM5KI18PA?t=535>