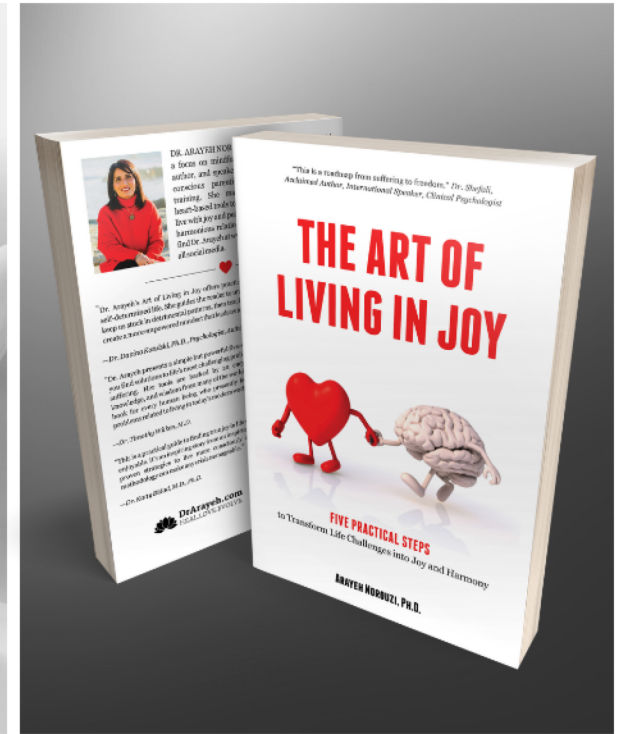


# The Art of Living in Joy Workshop

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DR. ARAYEH NOROUZI, PH.D. IN PSYCHOLOGY, CERTIFIED LIFE COACH

WWW.DRARAYEH.COM

Rate your level of  
**joy**, peace, and freedom  
from zero to ten!









Think of your three  
**wonderfulness** attributes!





# BE AWARE OF ANTS

**ANT:** *Automatic Negative Thought*



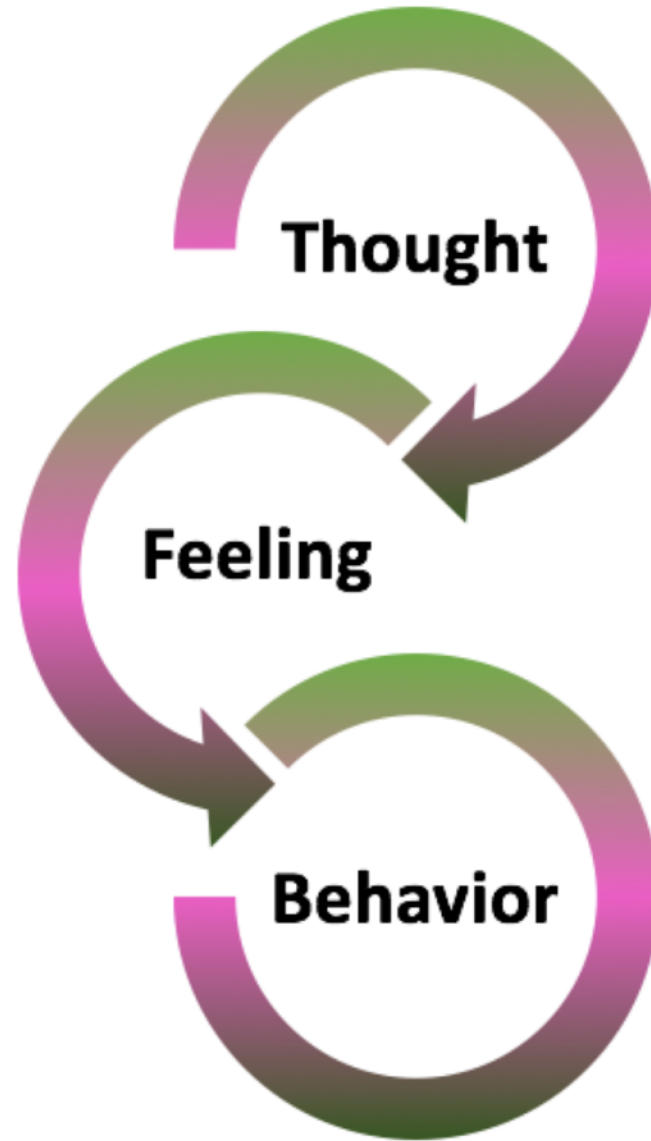




## Mind-Wandering



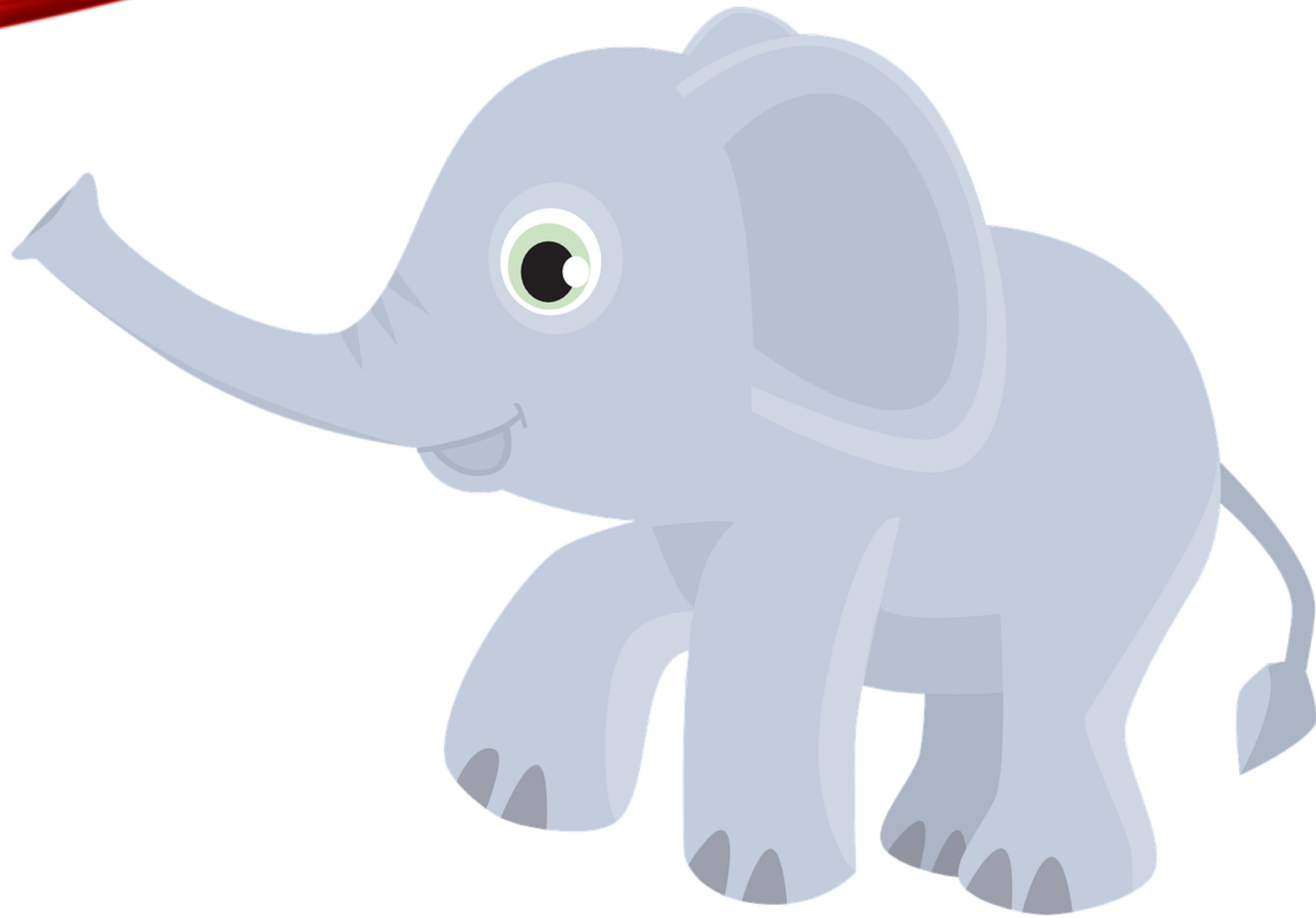






*Feelings come and go like  
clouds in a windy sky.  
Conscious breathing is my  
anchor.*

THICH NHAT HANH



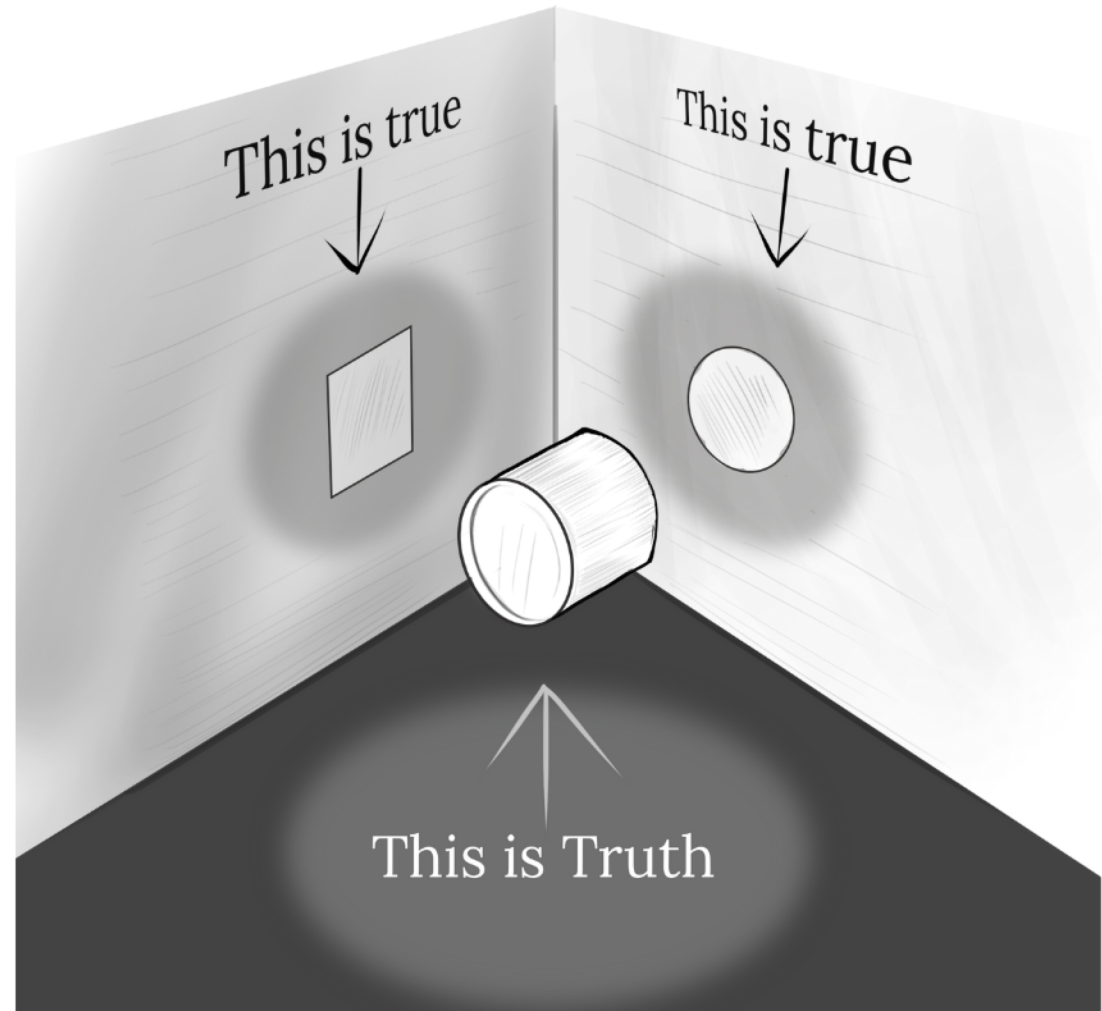




*Conscious Mind 5%*  
*Intentions*

*Subconscious Mind 95%*  
*Counter-Intentions*  
*Past Conditioning*  
*0 to 7 years old*





# BEHAVIOR IS A SYMPTOM



**AM I LOVED?  
AM I WORTHY?  
AM I SAFE?  
AM I BEING HEARD?  
CAN I DO THIS?  
DO I MATTER?  
DO I HAVE A CHOICE?  
DO I BELONG?**



**DrArayeh.com**  
HEAL.LOVE.EVOLVE.





*Everything that irritates us  
about others can lead us to an  
understanding of ourselves.*

CARL JUNG



# ANGER IS PROTECTION







## HEALTHY FEELINGS AND UNHEALTHY EMOTIONS

*Grief* -> *Depression*

*Anger* -> *Rage*

*Fear* -> *Panic*

*Envy* -> *Jealousy*

*Love* -> *Possessiveness*

**OXYTOCIN**



**FOR LOVE**

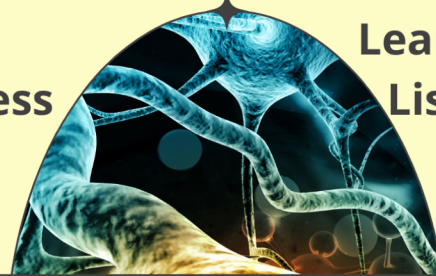
Hug  
Show Kindness  
Socialize

**DOPAMINE**



**FOR PLEASURE & REWARD**

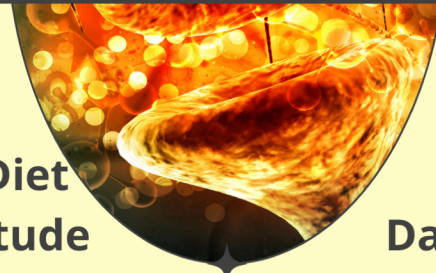
Learn New Things  
Listen to Music  
Create



@drarayeh

How to naturally produce:

**HAPPINESS HORMONES**



Meditate

Wholesome Diet

Practice Gratitude

**FOR GOOD MOOD**



**SEROTONIN**

Exercise

Laugh

Dark Chocolate

**TO RELIEVE STRESS & PAIN**



**ENDORPHINS**



# The Joy Exercise



1.

Put your hands on your heart. Smile.

2.

Rate your joy, gratitude, and peace from 0 to 10.

3.

Cultivate radical gratitude for all you have to reach 10.

4.

Repeat a mantra such as, ALL IS WELL AT ALL TIMES.

5.

Keep the state for 1 minute. Access it 3 times daily.

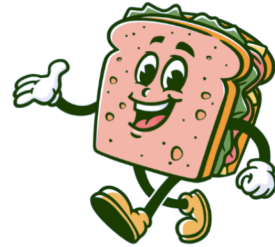


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# JOY SANDWITCH

3 X a day



1

## RATE

Rate your  
level of joy  
from 0 to 10

2

## P.A.U.S.E.

P.A.U.S.E.  
on the  
current ANT

3

## LEVEL UP

Do the JOY  
exercise and  
get to 10

@drarayeh







DR. ARAYEH NOROUZI is a focus on mindfulness author, and speaker on conscious parenting training. She makes heart-based tools to help you live with joy and peace in your harmonious relationships. Find Dr. Arayeh at www.DrArayeh.com on all social media.

"Dr. Arayeh's Art of Living in Joy offers practical tools to help you live a self-determined life. She guides the reader to understand their patterns, then teaches them how to keep us stuck in detrimental patterns, then teaches us to create a more empowered mindset that leads us to a more joyful life."

—Dr. Davina Kotulski, Ph.D., Psychologist, Author

"Dr. Arayeh presents a simple but powerful five-step process that you find solutions to life's most challenging problems. Her tools are backed by an encyclopedic knowledge, and wisdom from many of the world's leading experts. This book for every human being who presently faces problems related to living in today's modern world."

—Dr. Timothy Wilken, M.D.

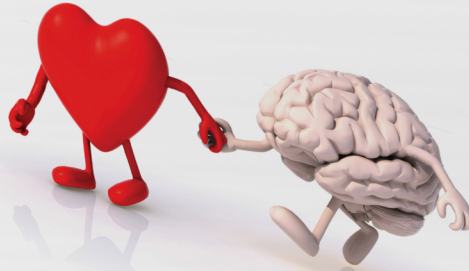
"This is a practical guide to finding true joy in life. It's an inspiring story from an inspiring author. Proven strategies to live more consciously and a methodology can make any crisis manageable."

—Dr. Katty Bidad, M.D., Ph.D.



"This is a roadmap from suffering to freedom." Dr. Shefali,  
Acclaimed Author, International Speaker, Clinical Psychologist

# THE ART OF LIVING IN JOY



**FIVE PRACTICAL STEPS**  
to Transform Life Challenges into Joy and Harmony

ARAYEH NOROUZI, PH.D.



Dr. Arayeh Norouzi, Ph.D. in Performance Psychology  
Joyful Living Coach, Bestselling Author of The Art of Living in Joy

Personal Growth & Healing  
Relationships, Conscious Parenting  
Corporate Mindfulness Training



Free 30-minute consult:  
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