



40 Days to a Joy-Filled Life: Living the 4:8 Principle

Tommy Newberry

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Drawing on the core message of the *New York Times* bestselling *The 4:8 Principle*, *40 Days to a Joy-Filled Life* is a fun and highly practical action plan providing readers with time-tested strategies and exercises for experiencing joy by design—God’s design. Fans of *The 4:8 Principle* will love the fresh format and timeless reinforcements offered in *40 Days to a Joy-Filled Life*, while new readers will be introduced to the life-changing power of *The 4:8 Principle* for the first time! All readers will benefit from the uniquely packaged inspiration and encouragement delivered in bite-size chunks for easy consumption and in a “sticky” style custom-made for easy retention and long-lasting joy.

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