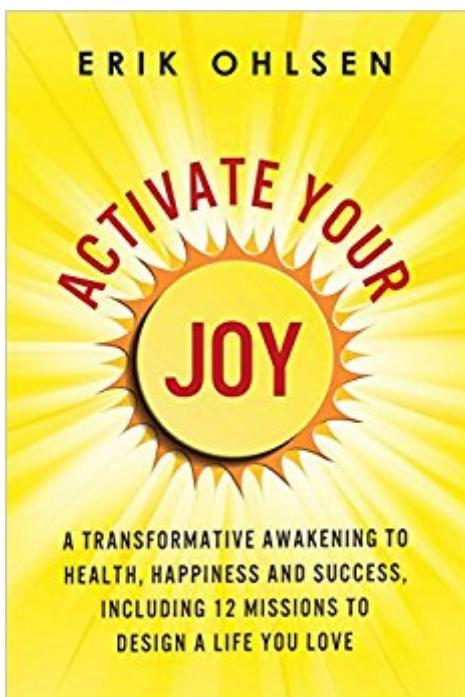


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# Activate Your Joy: A Transformative Awakening To Health, Happiness, And Success. Including 12 Missions To Design A Life You Love



## Synopsis

Are you ready to awaken the power of your true self? Want to learn to unconditionally love your life and experience happiness and success? The tools and practices you need are at your finger tips. Right now, using your inherent awareness, you can transform your whole frame of mind, your health--and even the world around you. Make Joy the mission of your life and boldly create your dream reality. This book is a call to action and an important message of hope towards healing ourselves, our communities, and our planet. This book is not about trying to be happy all of the time. It is a realistic view of life. With raw vulnerability and filled with deeply personal stories, author Erik Ohlsen navigates us through his journey of chronic illness, tragic loss, activism, and his efforts to build a life he loves through daily practices, the creation of purpose-driven businesses, and a commitment to self-love. Activate Your Joy is not just a self-help book but also a tangible guide a reader can use to implement a variety of life changing strategies. The 12 missions provide a step by step process for designing a vision for your life, changing your frame of mind, activating your passions and gifts, working through the grief of loss, learning the power of forgiveness, prioritizing your happiness, healing your body, and so much more. The missions are clear, and the steps are practical. You are worthy of a joyful life. It is time to step into your true power. It is time to design and live a life you love with confidence and empowerment. Activate Your Joy is an awakening process to your unique gifts. It is a path to healing yourself, creating peace in your relationships, and regenerating the world around you. Take the step, right now. Open the book ... and activate your life!

## Book Information

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## Customer Reviews

Excellent Book for Putting Your Life in a Positive Direction! The author does a great job showing how we each have the power within ourselves to activate our joy. Throughout the book, he weaves in his personal stories of experiencing the throes of victimhood and clawing his way forward to discover the resources and frame of mind to break through and step-by-step build a life of joy, meaning, and fulfillment. His 12 Missions at the end of the book are a real how-to kit for creating physical, emotional, and relationship health -- ingredients we all need to live a joyful, fulfilling life. If you too want to experience such joy, get this book! Bento C. Leal III, the author of the #1 Best-Seller *4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere! A Book Filled with Awareness, Healing, and Love!* In his new book *Activate Your Joy*, the bestselling author Erik Ohlsen will awaken your super powers with an exciting and innovative approach. With an open heart and a quiet mind, I urge you to read and absorb each and every word of his vision, connection, transformation and regeneration. If you do, I can promise you your life will change to a joyful existence full of gratitude. He is a master of weaving the natural world as a healer with our own inner abilities to heal ourselves. The author takes you to a place of inner peace and present moment awareness by absorbing the grounding energy from nature by listening to birds, observing wildlife, and smelling blossoms to calm and regenerate your soul. Mr. Ohlsen speaks my language. As a pet loss grief specialist, I encourage my clients to find the healing abilities of the natural world when they are experiencing loss of their beloved companions. Then blend the powers of nature with their inner and innate abilities to find the reality of those raw and tough moments of grief and loss. The author speaks of this in length and offers ways to activate joy in your life and awaken your life purpose. He states "We will go directly to the source of love and the power of awareness which is always accessible to you." Through his own personal experiences with loss and grief, transformation, and finding joy, he guides you to access what is available for you in every moment--Love. Wendy Van de Poll, MS, CEOL#1 Best Selling Author, Speaker and Certified End-of-Life and Pet Loss Grief Coach Founder of [centerforpetlossgrief.com](http://centerforpetlossgrief.com) A Roadmap to Design Your Life *Activate Your Joy*, by Erik Ohlsen, is a wonderful roadmap for designing the life we would like to live based on self-discovery, acceptance, and transformation. It's a "choose-your-own-adventure," allowing the reader different tools and practices that lead to deep changes in the way we view the world, and ourselves. By sharing his own stories of vulnerability, challenges, and growth, Ohlsen invites us to look closely at what our own limiting

beliefs and patterns in life that we have unconsciously developed and are holding us back. We all too often fall into playing roles, such as the Victim or the Savior. Activate Your Joy offers many tools to transform our mental framework into assets for a more fulfilling life. "When I finally broke free from the shackles of my thinking, when I chose truth over story, what I discovered was pure love," shares Ohlsen. Ohlsen brings his geniuses as an expert permaculture designer to this book in the way he explains how to design our dream life. He uses examples from his own life's journey to help us map our own path we wish to follow. Through conscious design, we can bring the life we dream of into reality. Resilience, responsibility, and practical steps are just some of the gifts that this book has to offer. Hannah Apricot Eckberg, Editor of A Permaculture Magazine, North America The Best Book I've Read On the Subject in Years! When a person loses the ability to experience joy in life, there is little anyone can do for that person. Therapies and most books rarely help, because this person is too vulnerable to allow even an author too close to his or her suffering. Erik Ohlsen, in Activate Your Joy creates a gently lit up path for that person. He doesn't point fingers or judges the reader. He shares his own story not to be admired but simply to show his understanding. He offers steps one can make towards joy and allows the reader to willingly follow in his footsteps. Erik narrates the book with an Earthy voice and brings nature along the side of his words. I loved reading his personal stories especially the ritual he had performed with his girlfriend before he proposed. This book is by far the best book I have read on the subject in years. Otakara Klettke#1 Best Selling Author of Hear Your Body Whisper

Erik Ohlsen is a best selling author, inspiring educator and experienced professional landscape designer. His goal is to help people connect deeper with nature and themselves. As an internationally renowned, certified permaculture designer and practitioner, Erik has taught ecological landscape design and implementation since 1999, to thousands of students and clients around the world. He is driven to looking for effective ways to reach larger audiences in his mission to steward the environment. Erik is the director of the Permaculture Skills Center, a vocational training school that offers advanced education in ecological design, landscaping, farming, and land stewardship. He is also the founder and principal at Permaculture Artisans, a fully licensed contracting firm that specializes in the design and installation of ecological landscapes and farms throughout California. In the field of ecological land development and management, Erik has extensive experience with projects that range from small urban lots to 100+ acre design and implementation. His many years of experience observing and listening to landscape patterns, and managing

installation crews and design teams have led to an extensive knowledge of all aspects of ecological land development and planning. He is a specialist in water harvesting systems, food forest design, community organizing, facilitation, vocational education and more. Erik resides in Sebastopol, California with his wife Lauren, raising a family, building a homestead and running their businesses.

Activate Your Joy can be described with many words: inspirational, joyful, light, dark, meaningful, transformation, reinvention, and of course, LIFE. I really think this book has a lot to offer readers in terms of, it's not just a book on "becoming happy" but really hits some hard lessons learned from the experiences lived by the author. The book has a lot of great chapters and covers themes that include:

- Actions of generosity
- Practicing gratitude
- Awakening your superpower
- Facing grief
- Communicating truth
- The nature of happiness

The author shares his lessons in personal transformation as he moves through periods of his life that were both painful and liberating. The book has a certain level of complete openness and vulnerability that really connects the author's voice with that of the reader. The chapters are short enough that each one can be read in a few minutes but they are interesting in how they are laid out in 'levels' and game-like activities for readers to engage with the messages learned. If you need a book to reset your frame of mind, cultivate a new mindset, and learn about the real meaning of joy, peace and reinvention, then I would definitely recommend 'Activate Your Joy' for anyone seeking real-life changes and overcoming challenges.

This book is loudly ringing true to its title and to my heart/mind. I appreciate the straight forward yet personal tone of the book followed with clear/relevant "exercises" to bring to light what I need to Activate My Joy! Through reading this book I have come to realize multiple things I have placed in the way of my true joy being obtained and sustained. The author does an amazing job both helping to reveal these obstacles and kindly pointing out that since I put them there, I can also take them away! Through this book I am beginning to take a compassionate and realistic look in the mirror of my mind/soul and the limitations I have set for myself that keep me from reaching a thriving/joyful life. Thank you Erik for courageously putting out your personal path and then brilliantly translating it to help others decode their very own personal/specific path to a joy-filled life. My mind and soul has been very, very hungry for such a no-nonsense approach to gaining the life my soul rejoices in imagining and realizing.

This is such a positive book, I cannot say enough about it. We all deserve a life we love. This is the second book I have read from this author, and it is awesome! Highly recommended.

I have read many books on happiness, and this one is a great find. There are themes such as gratitude, generosity, your inner superhero, and dealing with grief. Well rounded and important.

This would make an awesome wedding gift or for an anniversary. In this world full of busyness and over informed, Activate your Joy is a welcome focus tool for creating a meaningful life.

What a joy to read Activate Your Joy! Clear, simple, doable and full of personal stories and vulnerability. We need more of this in our world!

"Activate Your Joy" is a very personal and real story of one man's (the author's) journey from a resentful sense of victimhood to escaping out of that darkness and into experiencing a liberated and fulfilling life of healing and joy, teaching valuable lessons for us all. As he says, "Changing your frame opens up incredible potential for a happy life." Indeed, the key lies within. Each chapter is a gem. I highly recommend this book.

Once in a while something you read resonates. I mean it really rings true. An ah-ha moment. Well, this book is FULL of truths like that. It's not a do-as-I-do book, or a do-as-you-are-told book, it's an "I'll lay it out for you and illustrate it as clearly as I can and let you decide for yourself" book! This is an awesome compendium of vision, clarity, and mindset, with very personal insights and anecdotes, and pithy quotes that mesh brilliantly. The author helps you come to epiphanies and then shows you what you can do to exercise them into your life using 12 "missions" in a game-style set of activities. This book has never been needed more than right now. Our world is more judgemental, fractured, and broken than ever before. More than ever, we need to know how to reset our "frame", our mindset, to live a life of health, peace, and joy.

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