



If you are passionately hungry for something different in your life, Wendy's book will give you just that. Her recipes, story and Joy Factor approach will be the perfect ingredients for anyone who wants to consciously create a life filled with more joy, passion and fulfillment.

Janet Bray Attwood - New York Times Bestseller - Co-Author of *The Passion Test*

If you want to describe each and every day as delicious, this clever and charming book teaches you how to have people say, "I want some of what they're having." Wendy shares her philosophy that our life is like a cookbook and you get to choose the recipe that you want to enjoy. She shares four specific ingredients you can weave into your day. They are explained through Wendy's experience and the "recipes" written by others that share their insights about Passion, Authentic Expression, Self-Care and Strategic Optimism – the ingredients that raise your Joy Factor.

After taking The Joy Factor Quiz, you embark on a journey of self exploration with suggested exercises or by choosing a recipe to try in your heart and soul, or in your kitchen. This delightful read will have you coming back for seconds.



Feeling good is a foundational piece of attracting what you want in life. Wendy shares valuable information that will help you to be happy and enjoy your journey.

Bob Doyle - Author of *Wealth Beyond Reason* and *Follow Your Passion - Find Your Power: Everything You Need to Know About the Law of Attraction* and featured speaker on *The Secret*.



PassionFruit™

Visit www.thejoyfactor.com to learn about author Wendy Watkins as well as additional inspiration, resources and creative ways to sustain happiness in your life.



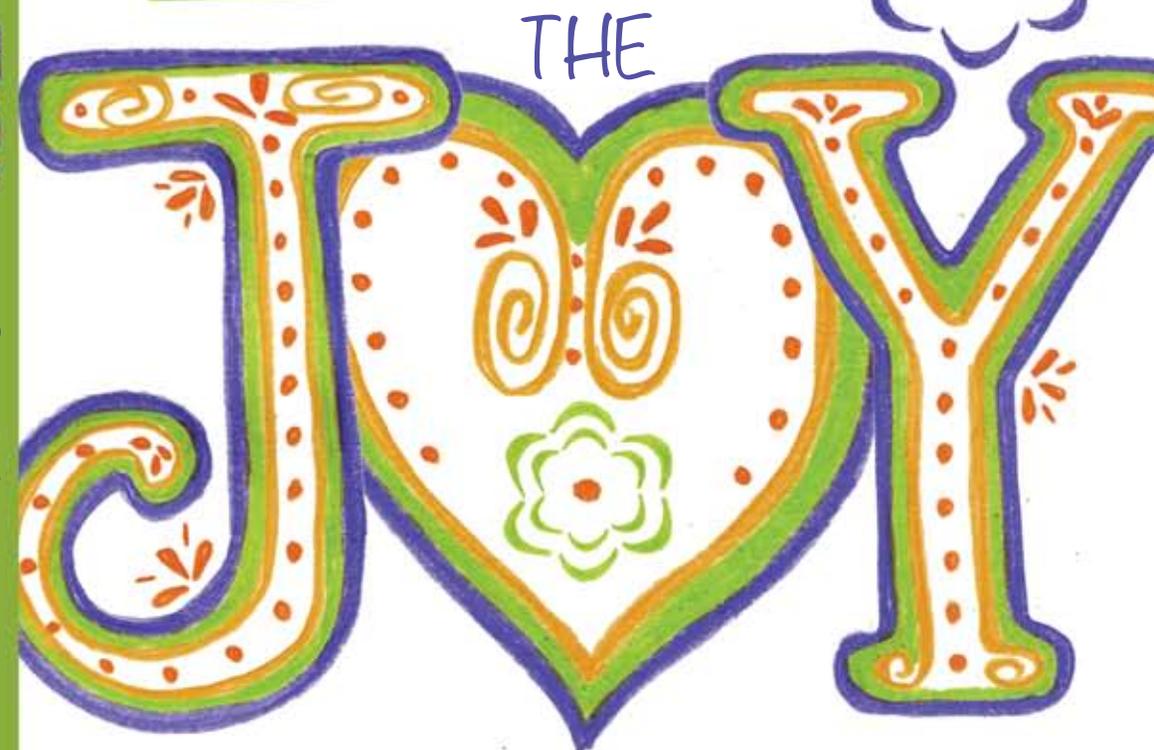
www.wisteriasalonspa.com

THE JOY FACTOR Recipe Book



Wendy Watkins

Foreword by
Jodie Reece
Wisteria Salon Spa



THE FACTOR Recipe Book

A Common Sense Approach to a Delicious Life

Wendy Watkins, CPCC, PCC

