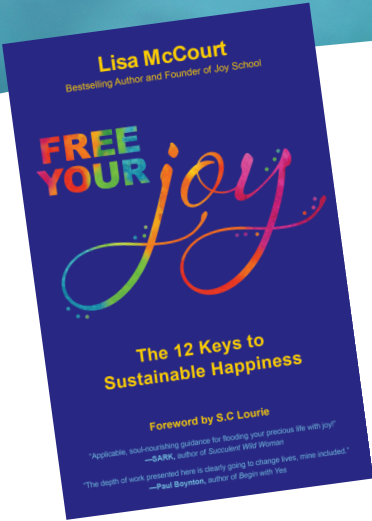




Lisa McCourt

Biography



Lisa McCourt wasn't always a joyful person, but once she found the surefire path to sustainable joy, she devoted her career to sharing that roadmap with others.

Lisa says, "More than anything, I just want to be an effective member of the team that's

elevating the level of love and joy in the world." Her positions on that team have included writing dozens of mega-selling books (both in her own name and as a ghostwriter for other transformation leaders), founding her online Joy School at LisaMcCourt.com, hosting her Do Joy! podcast, and collaborating on countless projects with other popular teachers of consciousness and joyful living.

Books Lisa has written in her own name have sold over 9 million copies, earned 7 publishing industry awards, and garnered over 9,000 glowing Amazon reviews. She generously opens her comprehensive toolbox for joyful living in her newest release, Free Your Joy: The 12 Keys to Sustainable Happiness, which takes readers through a full year of vibration elevation practices guaranteed to sustainably elevate their Joy Setpoint.

Interview Topics

- Why joy and happiness are not the same thing
- Why "positive thinking" doesn't work
- Why we aren't more naturally joyful

Interview Questions

- You recently wrote a book, Free Your Joy. Can you tell us more about the new book?
- Why did you write Free Your Joy?
- What is the book's message?
- Your book offers 12 keys to sustainable happiness. Can you tell us a few of them, and how they can help readers?
- Your book draws on your Joy School trainings. Can you tell us more about Joy School, and how it influenced your book?
- In your book, you refer to Joy Setpoints. Can you tell us more about JoySetpoints, and how discovering them can help readers?
- What are some strategies for navigating situations that interfere with being able to experience joy?
- Do you have any advice for anyone trying to live a life of joy?



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