

Press Release: Finding Your (Lost) Joy by Laurel Khiabani

Do you suffer from sadness, grief, anxiety or depression?



San Francisco, Jul 13, 2020 ([Issuewire.com](https://www.issuewire.com)) - Laurel Khiabani shares insights and inspiration in *'Finding Your (Lost) Joy'*

Anyone can be his or her own cheerleader — this is what Laurel Khiabani wants to remind readers in her first publication, “Finding Your (Lost) Joy” ([published by Xlibris](#)).

This self-help workbook contains quotes of things that bring the author joy. Included are notes reflecting

on a happy life and a great love complemented by beautiful photographs that will elevate one's state of mind. There is ample space on each page for readers to include what brings joy to them. The workbook is a tool for those who suffer from sadness, grief, anxiety and depression (or any combination of these). It intends to inspire them to journal what brings joy to their hearts and write down what they are truly grateful for.

"This has been a tough year for many of us," Khiabani explains. "We need a boost and we need to sharpen our coping skills."

"Finding Your (Lost) Joy" serves to guide readers in their journey of finding the peace that they need and help those suffering from grief or depression to work through it. The book is available in paperback and hardcover.

"Finding Your (Lost) Joy"

By Laurel Khiabani

Hardcover | 8.5 x 8.5in | 36 pages | ISBN 9781984582546

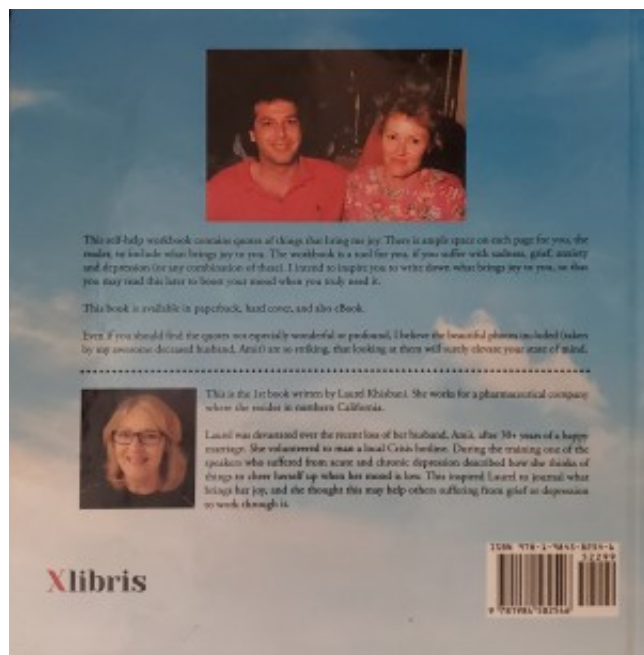
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Available at Amazon and Barnes & Noble

<https://www.xlibris.com/en/search?query=Finding+Your+%28Lost%29+Joy+by+Laurel+Khiabani>

About the Author

Laurel Khiabani works for a pharmaceutical company in Northern California, where she now resides. She is profoundly grateful for the privilege of spending 30-plus wonderful years together with her husband, Amir, who passed away last year. Writing "Finding Your (Lost) Joy" helped her hold it together while devastated and trying to mend a "crack in the universe." She knows that sometimes, people need to be their own cheerleader.



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