

# ABOUT

## *Microjoys: Finding Hope (Especially) When Life Is Not Okay*

by Cyndie Spiegel

MICROJOYS

FINDING HOPE  
(ESPECIALLY) WHEN  
LIFE IS NOT OKAY

CYNDIE  
SPIEGEL

*Author of A Year of Positive Thinking*

*From Penguin Random House*

Microjoys are a practice of uncovering joy and finding hope at any moment. They are accessible to everyone, despite all else. When we hone the ability to look for them, they are always available.

Microjoys are the hidden wisdom, long-ago memories, subtle treasures, and ordinary delights that surround us. Cyndie Spiegel first began taking note of microjoys during the most difficult year of her life — when she experienced back-to-back unprecedented and devastating losses — and she found that these fleeting moments of hope helped her move through each day with a semblance of comfort and a lot more joy. Through beautifully written narrative essays and prompts, Cyndie shares the microjoys that have kept her going through tough times and shows us how we can learn to see the microjoys in our own lives. Microjoys don't change the truth of loss or make grief any more convenient, but they allow us to temporarily touch joy, keeping us buoyed and moving forward, one moment at a time.