

# Finding Joy

*Editor's Pick. Written by Pam Laricchia.*

First, what do I mean by the word joy? Certainly it means happiness, pleasure. Most people can find happiness in response to good things that happen to them or around them. Yet when disappointing things happen, they are thrown into despair. It's tough to be at the mercy of outside events!

What I'd like to talk about is the deeper sense of joy that I found developed alongside my growing understanding of unschooling. It's a sense of self that no longer seems quite so susceptible to the whims of life and luck. That's important because a joyful life is not without problems or strains or challenges. As I wrote earlier this month, "somewhere along the line it dawned on me that it's not about figuring it all out so I can finally, from that moment on, live a happy life. This process IS a well-lived life." A joyful life.

Read the full thing at [LivingJoyfully.ca](http://LivingJoyfully.ca) »