

JLI Introduces New Course on Happiness

How Happiness Thinks

The Charlotte Jewish Learning Institute is proud to offer an all-new six-week course titled How Happiness Thinks.

Happiness is a serious issue and it is one of the most sought after pursuits among people. In 2006, Tal Ben-Shahar, an Israeli born psychologist, began teaching "Positive Psychology" at Harvard University. It was a course that offered psychological insights into daily joy and life fulfillment. More than 800 students attended, in time it became the most popular course ever taught at the university. It was so popular that students' parents and a handful of grandparents started showing up as well.

Major media outlets reported this phenomenon, raising the question, why the draw to this topic? Clearly, the perennial thirst to study and learn about human happiness is today as strong as ever.

Since the dawn of time, humans have been fascinated by the workings of the human brain. Only recently, scientists have been discovering the underlying dynamics that shape and influence our frame of mind. They have been exploring new ways to cope with anxiety and stress, steps that we can take to crystallize our self-concept, and practical tools we can use to build the resilience and grit to ride through any challenge life throws our way.

Surprisingly, Torah and the Tal-

mud have for centuries advocated various approaches to achieving happiness; ideas that are only now being confirmed through scientific observation. How Happiness Thinks offers a Jewish roadmap to happier living. Every lesson contains poignant insights into how our minds operate with practical steps you can take to boost your happiness levels to places unimaginable.

In this course, we will be addressing the following questions: 1. What makes happy people different from unhappy people? 2. To what degree do our circumstances (family, education, career, etc.) matter for our overall happiness? 3. What are some of the challenges to living a joyous life? 4. Can a person be happy despite going through difficulty? 5. Does God care whether people are happy? 6. What are some of the benefits of living life happily? 7. Is Judaism more concerned with human ethics or human happiness?

Jewish wisdom and mysticism addressed these questions many centuries ago, and yet, its insights are just as relevant today. So while each lesson of this course draws upon the latest research in the rapid-growing field of positive psychology, it also breathes fresh life into the discussion by unveiling the unique Jewish approach to achieving more happiness.

Psychologist (PhD, PsyD) and Psychiatrists (MD) in the Charlotte area have an extra advantage

as the upcoming fall course, How Happiness Thinks, will be accredited by the prestigious American Psychological Association (APA) for 15 Continuing Education (CE) Credits.

The JLI has earned a reputation as the prime force in adult Jewish education with branches worldwide. This course is suited for beginners and JLI veterans alike.

Week 1: The Happy You

If happiness comes from within, then a positive self-concept is essential to human happiness.

Week 2: Joy Despite Life's Static

Life has its hassles and hardships and this static impedes happiness.

Week 3: Savoring the Good and Overcoming Anger

We live in an era in which people have so much, yet too many remain unhappy.

WEEK 4: The Rohr Jewish Unhappy Times

While Judaism endorses perennial happiness, there seems to be an exception: mourning the death of a loved one.

Week 5: Human Imperfection

If we were perfect, happiness would come much easier.

Week 6: Toward a Meaningful Life

Research has shown that meaning, religion, and spirituality indicate higher happiness levels.

The course begins on Tuesday November 4, 7:30 PM with six consecutive Tuesdays for the

evening class and on Wednesday November 5, 11 AM with six consecutive Wednesdays for the morning class. All classes will be taught at the Lubavitch Education Center at 6619 Sardis Road. This course is open to the general community. Fee for the class is \$95 per person and \$175 per couple. Textbooks are included. For more information please visit MYJLI.com or chabadnc.org. You can also call our office at 704-366-3984.✪



Friday Night Shabbaton on October 31, at Ohr HaTorah

The Friday night Shabbaton at Ohr HaTorah are uplifting and inspirational. The Shabbaton has already earned a reputation for fine Jewish gourmet and excellent atmosphere and a great place to meet new friends.

The Fall Shabbaton is a good way to bring light to the coming winter nights by being warmed with a divine sense of purpose which permeates the soul as participants savor the engaging taste of great kosher wines and are inspired by the mystical meaning of Shabbat as experienced at the Ohr HaTorah Shabbaton.

The Shabbaton will be held on Friday October 31, 6 PM at Congregation Ohr HaTorah. The evening will begin with the lighting of the Shabbat candles followed by a lively Shabbat services and a full delicious Shabbat meal.

The Shabbaton is open to all Jewish families in Charlotte for a nominal fee of \$20 per person or \$54 per family. For more information or reservations please visit our website at www.chabadnc.org or call our office at 704-366-3984.✪



CJDS pointed me in the right direction!



Alex Ransenberg, Senior
UNC-Chapel Hill, School of Business

When I think back on my time at CJDS, I think about the first time I saw an electrical current feed, the first time I read about the atomic bomb and the Holocaust, and the first time I was academically challenged.

I was frustrated learning Hebrew because it was very difficult for me to catch on. But with the guidance of my teachers and my own perseverance, I was able to succeed. Looking back, that challenge molded me into someone who always works to better myself and who takes pride in my work.

CJDS taught me our Jewish stories, our holidays, and most importantly, our values. I was shown that it is okay to ask questions about Judaism and to always think critically. CJDS not only gave me my first insight into Jewish readings and teachings, but also helped me understand what makes a true mensch.

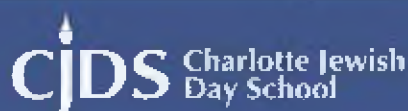
These lessons helped me with my everyday studies, but even more so, have proven invaluable in my interactions with people. I love meeting new people and staying in touch with my childhood friends. While soon we are graduating from college, one fact remains the same: the foundation provided by CJDS will forever bind us together in our studies and in our Judaism.

JOIN US FOR OUR OPEN HOUSE

Wednesday, October 29, 9:30am-11:30am or Thursday, November 13, 11:30am-1:30pm

PRESCHOOL VISITATION

Friday, November 14, 1:15pm



For more info, call 704.366.4558 or visit CJDSCHOOL.org.

