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What if joy is not only entangled with pain, or suffering, or sorrow, but is also what emerges from how we care for each other through those things? --Ross Gay

Ross Gay: Inciting Joy

"Now that we've defined joy, and concluded it is important, there are two guiding inquiries in this book. First, I mean to investigate what practices, habits, rituals, understandings you know, the stuff we do and think and believe make joy more available to us. What in our lives prepares the ground for joy. I mean to try to find out, in other words, what incites joy. And second, I intend to wonder what the feeling of joy makes us do, or how it makes us be. I will wonder how joy makes us act and feel. That's to say, I wonder what joy incites."

Be The Change:

Hear more from Ross Gay in this interview, "We Belong to Each Other."