

Hey friends! You made it to summer, the Season of Joy! Congratulations! This is such a special season of life to explore because, like joy, it is often misunderstood and overlooked. This framework focuses on the essence of what summer represents. Summer is a time of celebration, adventure, freedom, and play—with joy woven into every fiber of these experiences. Joy, like gratitude, can be your eternal companion, but a summer season of life ushers joy into the spotlight. Much like winter, summer's complement to this framework, the depth, value, and significance of leaning into a summer season of life can feel unproductive, irresponsible, reckless, indulgent, and wasteful. But, at the end of our lives, I imagine that the life experiences in which we allowed ourselves to play, celebrate, and venture - those moments that filled our lives with waves or glimmers of joy, will be among our most treasured moments. So, let's learn to lean into this season with excitement and abandon.

This Book Club session features another nourishing recipe to fuel this season from *Chiseled* by Chels. Additionally, while writing this book I came across this Instagram account, [kayy_davy](#), and her post that floated across my feed was her hosting a "Bring Your Own Reason to Celebrate" party with her girlfriends and I thought it was absolutely brilliant. So, I've linked that post here for you as possible inspiration for this meeting of your book club. The possibilities are endless. Have fun, enjoy, and please connect with me and let me know how this book club experience has been for you! I would truly love to hear from you!