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Leading a Less Stressful Lifestyle Can Add Years to Your Life

Melbourne, FL: Life is stressful. There's no way around it, and multiple studies reveal the harmful effects of prolonged stress on our bodies. To combat this issue, Brevard's newest author, Vicki Huffman, released her first book, *21 Days to a Joy-Filled Life*, earlier this month. She kicked off the book release with a book signing at the Faith & Home Store in Melbourne, FL, also a newcomer to the Brevard landscape. In addition to her writing, Huffman also speaks on the topic of relieving stress and finding joy. Her most recent workshop, entitled *Stress LESS Living*, helps participants explore the effects of stress on the mind, body, spirit, and emotions, and discover strategies for choosing joy despite their circumstances. As we head into the hectic, often stress-filled, holiday season, she's introducing two new topics specifically designed for Brevard's senior citizens who may find the holidays anything but happy – *Being Alone Doesn't Have to Be Lonely*, and *Finding Joy in This World*. For more topics, or information on how to schedule Huffman for your next event, an Event Planner Kit can be found at <https://sadnesstojoy.com/speaking>.

Of Huffman's writing, Kelly Jo Kaye, Licensed Psychotherapist, said, "There's no better teacher in life than experience and in *21 Days to a Joy-Filled Life*, Huffman shares how 40 years of depression and an emotional breakdown can break you, but can't defeat you. She takes readers through the ups and downs of overcoming depression and building a life of joy, one day at a time."

Sadness to Joy Ministries exists to help those who are overwhelmed by life replace worry, anxiety, fear, and depression with peace and joy. Weekly blogs, inspiration, encouragement, and helpful resources on the topic of relieving stress and overcoming depression can be found at <https://sadnesstojoy.com>, or for more frequent encouragement, visit <https://www.facebook.com/vickihuffman23/>.