

“During my three decades in publishing with Ten Speed Press I had the privilege of introducing the world to hundreds of authors. I once believed that I had seen the best of the best. And then, on a wave of JOY, Dr. AlixSandra Parness stepped into my world. Not only is she a powerful presence, she has mastered the practices to get us to a frequency of joy. Her chapters on “The Art of Blessing” and “Goodness Is Our Birthright” have reshaped my life.”

--Jo Ann Deck, former president Ten Speed Press



## GET Activated!

**July 14th, 7 - 8:30PM**

Dr. AlixSandra Parness is appearing in St. Paul for an Open Evening to introduce her new and powerful book, gleaned from her decades of experience as a teacher and healer.

### **ACTIVATE JOY:**

### **The Guidebook to Deliberately Create JOY in Your Life!**

This is an evening you don't want to miss. Come join in for an uplifting and dynamic experience with Dr. AlixSandra Parness, Doctor of Divinity and the founder and director of the Inner Focus Healing and Mystery School.

**Location: The Carondelet Center  
1890 Randolph Ave, St. Paul, MN**

To reserve your space contact:

Cindy Schultz: [cindy@seekinnerwisdom.com](mailto:cindy@seekinnerwisdom.com), call: 612-701-5574

AlixSandra's Website: [innerfocus.info](http://innerfocus.info) and [activatejoy.com](http://activatejoy.com)