



# Choose Joy: Finding Hope and Purpose When Life Hurts

*Sara Frankl, Mary Carver*

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**"Sara's story only grew louder, braver, bolder with her death. It's a story that we all need to keep hearing." --Lisa-Jo Baker, bestselling author of *Surprised by Motherhood***

Sara Frankl knew she had a terminal disease, but she didn't let it stop her from living. In the face of immeasurable pain, Sara chose joy--again and again. Her unforgettable message of hope and purpose lives on, even after her death, in her words.

CHOOSE JOY is a compilation of the lessons Sara learned while she was dying, written in her own words and sewn together by her close friend Mary Carver. It is a reminder to see the beauty in life, even when it looks nothing like you hoped or planned.

In a world full of tragedy, choosing joy is no small task--but, as Sara knew, the importance lies in the *choosing*. Once you learn to make that choice, every day, no matter what happens, joy will come.

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