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**FOR IMMEDIATE RELEASE**

Press Contact:  
Rabbi Shmuly Altein  
JLI@ChabadWinnipeg.org

## **Are You a Happy Person?**

This November, the Jewish Learning Institute (JLI) will present *How Happiness Thinks: Jewish Perspectives on Positive Psychology*, the institute's new six-session fall 2014 course. Rabbi Shmuly Altein of Chabad-Lubavitch will conduct the six course sessions at 7:30 pm on Tuesdays, starting November 4<sup>th</sup> at the Jewish Learning Centre.

"The science behind positive psychology has become very popular in recent years, and has drawn a lot of attention" explained Rabbi Zalman Abraham of JLI's headquarters in Brooklyn. "People innately understand that to be happy and to have a positive attitude, can greatly impact their work and personal life. *How Happiness Thinks* addresses the question that so many ask: What makes happy people happy?"

Prepared in partnership between JLI and the Washington School of Psychiatry, the course offers up to 15 American Psychological Association (APA) continuing education credits. While positive psychology may be in mode today, Jewish wisdom and mysticism has addressed questions of what it means to be truly happy, when it is appropriate to be happy, and being happy in times of great difficulty for centuries. Combining Jewish thought with the latest research in the fast-growing field of positive psychology, *How Happiness Thinks* promises to offer a fresh perspective on this highly relevant and potentially life changing subject.

"This course is based on the premise that to be happy, you can wither change the world, or you can change your way of thinking," said Rabbi Shmuly Altein, the local JLI instructor in Winnipeg. "*How Happiness Thinks* contrasts 3000 years of Jewish wisdom on happiness with the latest observations and discoveries in positive psychology."





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Like all previous JLI programs, *How Happiness Thinks* is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 204-339-8737 or visit [www.ChabadWinnipeg.org](http://www.ChabadWinnipeg.org) for registration and other course-related information.



Motivated by a profound love for every Jew and spurred by a boundless optimism, Chabad-Lubavitch touches and enriches the lives of young and old, professionals and laypeople, the affiliated and the non-affiliated, immigrants and long-time citizens, regardless of background, affiliation, or level of commitment.

The Jewish Learning Institute (JLI), the adult education arm of Chabad-Lubavitch and a partner agency of the Jewish Federation of Winnipeg, was created in 2008 to address the growing need for in-depth Jewish knowledge. JLI aims at changing the way people feel about being Jewish through learning and discovery.

As the pre-eminent provider of adult Jewish learning in Winnipeg, JLI's mission is to make the wisdom of Jewish learning accessible to everyone. "The Jewish Learning Institute allows you to explore basic Jewish ideas, to share critical analysis and interactive discussion with exciting instructors and classmates," said Mr. David Chochinov, chairman of the local JLI advisory board.

