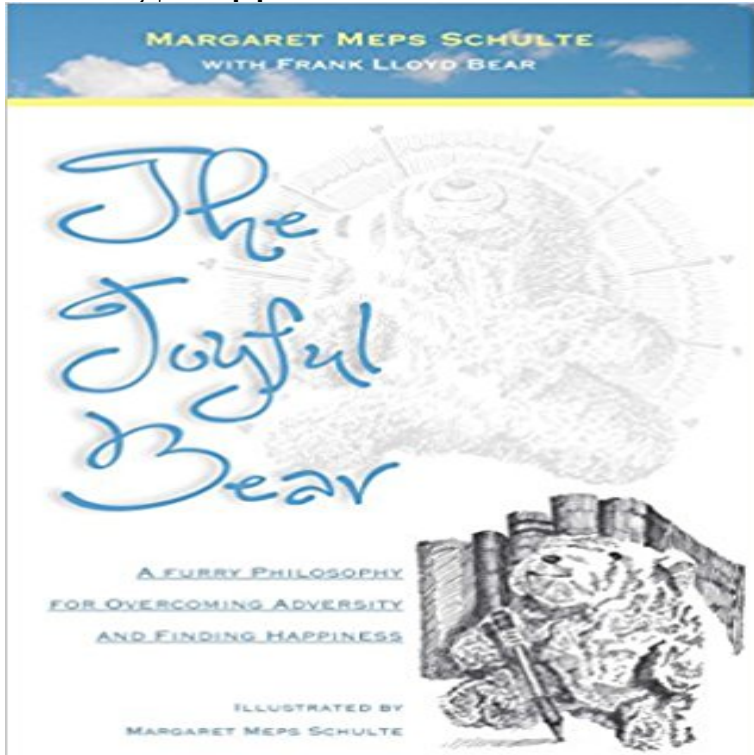


# The Joyful Bear: A Furry Philosophy for Overcoming Adversity and Finding Happiness



Faced with a devastating case of writers block, Margaret Meps Schulte turns to a 25-year friend, a stuffed polar bear with an upturned gaze and a beatific smile. Frank Lloyd Bear, known as Frankie, conducts a series of conversations with her about mindfulness, self-compassion, and how to overcome depression and anxiety.

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