



You Gotta Keep Dancin'

Tim Hansel

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YOU CAN CHOOSE JOY

Life can be tough. Stress, disappointment, heartache, hurt—all are part of the human condition. But while pain is unavoidable, misery is optional! The freeing message of *You Gotta Keep Dancin'* is that, no matter what your circumstances, you can choose to be joyful.

Tim Hansel speaks as one who knows. For the past ten years he has lived with continual physical pain, the result of a climbing mishap in the Sierras. But *You Gotta Keep Dancin'* is not just another story of a Christian who had an accident. It is a powerful account of God's working in one man's physical and emotional suffering, helping him discover the real meaning of joy.

Tim doesn't treat lightly the difficulties of anyone's life. In his words, "this book is in no way meant to diminish the awfulness of pain, tragedy, and affliction. I don't want to 'celebrate pain,' but more deeply understand the dignity of what can happen in it, through it, and because of it."

Tim Hansel is the founder of Summit Expedition, a wilderness survival school for individuals seeking deeper experiences with themselves, others, and God. In great demand as a speaker and seminar leader, Tim is also the author of the best-selling *When I Relax I Feel Guilty* and *What Kids Need Most in a Dad*. He makes his home in San Dimas, California, with his wife.

You have changed my sadness into a joyful dance. Psalm 30:11

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