

## Explore what really makes people happy at Lifetree Café

Commonly held myths about happiness and life will be discussed at the next local session of Lifetree Café

It will be this coming Wednesday (April 30) from 7 to 8 p.m.

The program, entitled *Life's Myths: What You Believe That's Wrong*, will feature a filmed interview with Oliver Burkeman, author of *The Antidote: Happiness for People Who Can't Stand Positive Thinking*.

"There's a certain kind of positive thinking that actually has the opposite effect," commented Burkeman, who debunked common myths about what leads to happiness.

Admission to the session will be free. Snacks and beverages will be available. Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd., Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting.

Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or [mark.lifetree@gmail.com](mailto:mark.lifetree@gmail.com)