



## Bio

### Gladys Simmons Carson

### Joy by Choice, Not by Chance

Gladys Simmons Carson is an award-winning author, inspirational speaker and an advocate for joy. For more than 45 years she has used her Christian experience to challenge and encourage audiences with messages of faith-based assurance. In her debut book, **TRIUMPH! A BATTLE PLAN FOR JOY**, she gives insight into how we too can choose joy despite our circumstances.

At a time when so many people are stressed out or depressed, disheartened by a constant stream of horrific news, Carson was inspired to write about joy. And her disposition gives credence to her message.

Her passion for writing stems from an early introduction to the written word. By age three she was reading her older siblings' school books. By age four she was introduced to her first novel, Betty Smith's "A Tree Grows in Brooklyn." This early exposure gave birth to a love affair with books and a fascination for writing. By the time she reached adult status, she had evolved into a natural encourager with a wealth of information to share, and a zeal for sharing.

This fifth-generation Texan is an over-comer who doesn't blame circumstances or people for undesirable predicaments, but chooses to champion personal accountability. Having triumphed over recurring and sometimes brutal adversities, she is convinced joy is by choice, not by chance. The events of her triumphant journey make the case for her resolute position and shed light on her ability to choose joy when others are choosing depression.

People marvel at the vibrancy and youthfulness of this senior citizen, whose activities rival those of a much younger person. Carson believes physical fitness plays a role in the battle for joy, and that one should take a holistic approach to wellbeing by nurturing mind, body and spirit. To this end she follows a vegan diet, lifts weights, does low-impact aerobics, engages in deep-breathing exercises, practices deliberate gratitude, and cherishes her long-term relationship with God.

Her debut book, [TRIUMPH! A BATTLE PLAN FOR JOY](#), an outgrowth of her many years of speaking and encouraging others, enables her to broaden her reach for sharing her message of joy in a largely depressed society. Get your copy today at [Amazon.com](#).