

A379_2017AbstractBoldtAmanda

Abstract

We have all been there through times of trial and self-doubt in our lives. In the collegiate environment we exist in today, it is easy to let the disappointments weigh down the joys of life. In my personal life, I have been working on my "journey to joy" to find my way to happiness in spite of life's disappointments. For my Honors Thesis, I chose to put together these thoughts in a one women show and cabaret. Therefore, *The Happiness Project: A Work in Progress* was born. I hope to reach those individuals who feel alone and lift them up through story and song, because I believe that represents the unparalleled power of theatre.

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