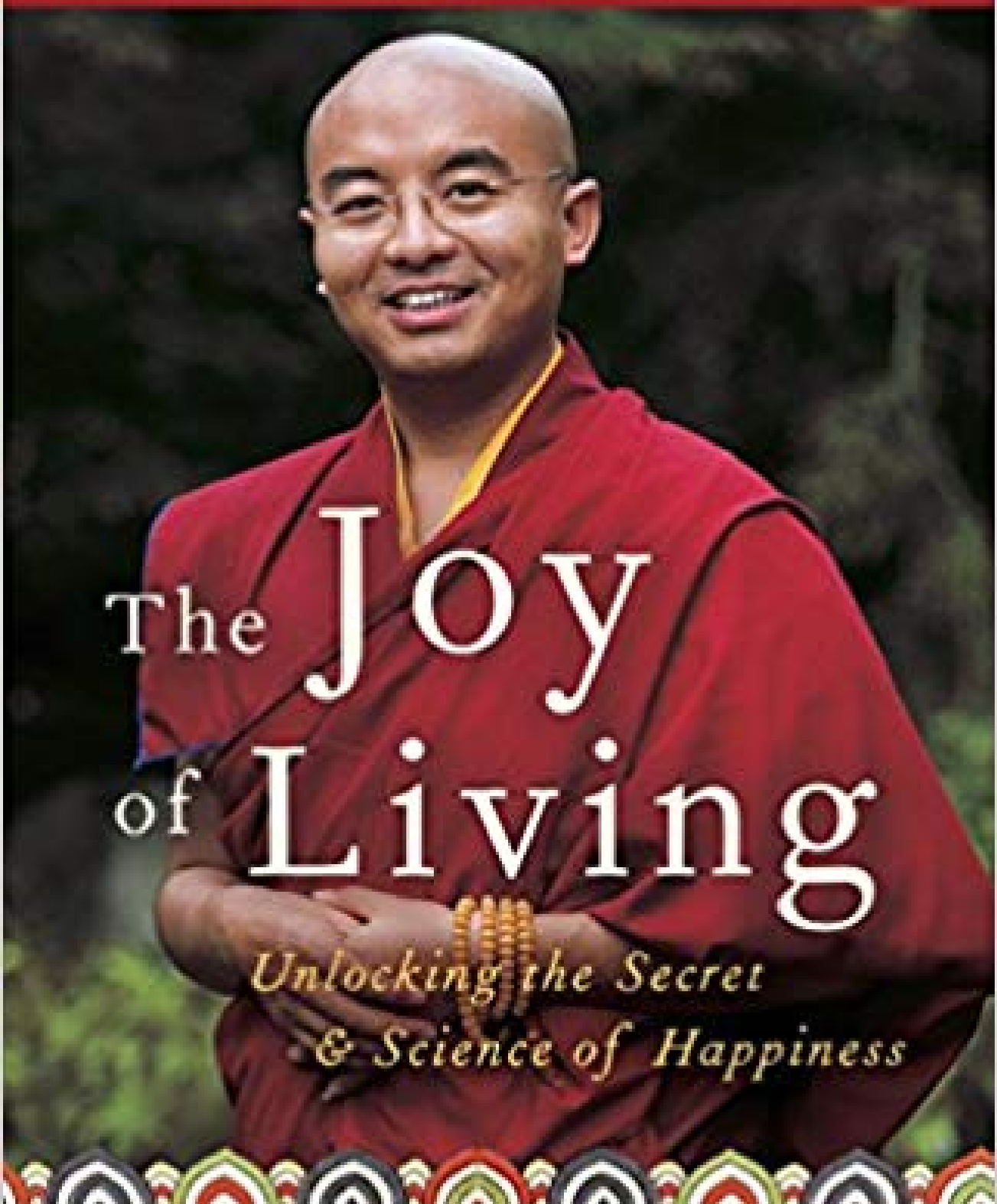


NEW YORK TIMES BESTSELLER

A portrait of a smiling Buddhist monk, Yongey Mingyur Rinpoche, with a shaved head and glasses, wearing a maroon robe. He is holding a string of prayer beads in his hands. The background is a blurred natural setting.

The Joy of Living

*Unlocking the Secret
& Science of Happiness*

YONGEY MINGYUR RINPOCHE

Foreword by DANIEL GOLEMAN

Yongey Mingyur Rinpoche

The Joy of Living: Unlocking the Secret and Science of Happiness



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A New York Occasions Bestseller! Using the essential meditation methods he provides, we can discover paths through our problems, transforming obstacles into possibilities to identify the unlimited potential of our very own thoughts.and a handbook for transforming our minds, bodies, and livesIn The Joy of Living, world-renowned Buddhist instructor Yongey Mingyur Rinpoche—happiest man in the world—the “—invites us to become listed on him in unlocking the secrets to locating pleasure and contentment in the everyday.An illuminating perspective in the science of meditation—



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My meditation bible This is actually the second time I've bought this book (after lending it to someone who made the decision they liked it too much to return it!). It's an excellent guide for anyone interested in meditation, and provides plenty of ideas and approaches for practice. Among the best books I've read The way that the author talks about spiritual topics is very easy to comprehend and he does a really good job relating it on track things. Good book for somebody new to meditation Quite easy to learn book for somebody who is new to meditation. a practical guideline to happiness, predicated on a unique fusion of Buddhist philosophy .After reading the book I was inspired to start a daily meditation practice, which includes provided me with much greater perspective on my entire life, with less stress over the daily nonsense we are all consumed with 99% of the time..Personal history: For 7 years I have been practicing meditation and studying Buddhist texts, and likely to the occasional retreat. Beyond any other book on meditation and happiness Highly recommended to can get on the fast track to understanding in a Western mindset what the practical benefits of insight meditation is and the much greater possibility of achieving great progress instead of dropping out as 95% do.I'm an atheist and We missed the religious aspects off-putting, because they were very downplayed. Instead, it reads similar to a personal memoir and practical guide to meditation, with explanations of why meditation functions (from both a scientific and Buddhist point of view).When it comes to a few of the sketchier ideas like reincarnation, he addresses them in a practical way that explains why they are important to Buddhism and meditative practice, but doesn't make an effort to convince you - he allows the reader to make her own choice of accepting these ideas or not, still making use of the remaining book in any case.In case you are unhappy in your daily life, want to test meditation, want for more information about Buddhist philosophy, or the technology of happiness, have anxiety, depression, or way too many racing thoughts, try out this book.On a personal note, I've suffered from major depression for many, many years, which book helped me personally significantly.. Better than eckart tolle's books imho Perfect Perfect Great Read and Lifestyle Changing! May all beings obtain happiness, peace and wisdom. I am permanently grateful that I did.Frankly, the science part of the book (maybe the 1st third) is ideal for what it is normally, however the real gold comes from the author's mild, encouraging and empowering phrases on meditation.That one humbly feels he is "home" now. The parts dealing with the different types of meditation had been very beneficial.. Reading this is a step in the right direction for anyone seeking to get more enjoyment and meaning from their lifestyle.As others have probably said, this reserve is geared mostly towards people without too much experience with meditation, although I believe it would be of great benefit to practitioners of most levels. It turns out that what we realize about how the brain works has been practiced by Buddhists for years. This book delivers what it promises: a practical guide to happiness, predicated on a distinctive fusion of Buddhist philosophy with modern psychology.In my humble opinion, after reading upwards of 70 books on Buddhist meditation styles, and sitting in meditation for more than one thousand hours, this book is the best I have come across yet for me personally. We are employing it as the basis of a Book Club/Meditation Group and it certainly leads to numerous discussions. It actually got me started in a meditation practice, which Wherever You Move, There You Are by Jon Kabbat-Zinn didn't (even though I enjoyed that book, too). I came across myself thoroughly persuaded by his argument that all of us possess the decision to be happy nowadays. the science part of the book (maybe the first third) is great for what it is I purchased this book about 4 years back, and finally picked it up and browse it about 8 months ago. Easy guide to mindfulness meditation This is the most accessible and practical book I've continue reading mindfulness and how to begin a meditation practice. This union of Tibetan meditation procedures and Buddhist philosophy with Western research resources of investigation, along with the exceptional writing ability of article

writer Eric Swanson, provides created a tome that "enlightened" me to the practical character of and the outcome of insight meditation to produce wisdom and happiness. Highly recommend! Good for a laugh and for enlightenment. I also enjoyed that the writer included his own lifestyle story and his issues with stress before he became a practiced meditator. I'll reread this whenever I want a reminder. WELL written and stimulating. I love the interplay of the two main personas, one a curious skeptic on spiritual matters and the additional a self-contained peace-radiating soul who teaches by example. I would suggest to anyone wanting to get a new perspective on living! Great story series and totally believable, it displays my own journey towards discovery. Loved the chapter on plunging into yoga exercises. It includes some essentials of the neuroscience behind meditation, that i appreciated, being truly a scientist myself. Strongly suggested. Rinpoche also explains the research behind meditation, which I think gives this book added depth. The big challenge is producing the concerted effort to place these concepts into practice every day, which is what is needed for genuine and dramatic change. A real page-turner. Amazing read that transformed my life :) I learned so very much about meditation which I thought I . Five Stars Simple, clear, gentle and to the point. It didn't possess an overnight effect, but it helped me body my thoughts and troubles in different ways. I learned so much about meditation that i thought I currently knew quite a bit. Reading this extended my practice in so many ways. Worderful reading for all degrees of your soul journey What a wonderful adventure! There is Joy in Surviving in the Midst of Challenges Wonderful text. I've gotten so much out of this book. I could truly say that this teacher has helped me to experience joy in my own life in spite of external circumstances that may not necessarily seem joy-inspiring.. I often pick it up and read a chapter whenever I'm feeling tense and want a reminder on how to be mindful to complete tough times. The reason this is actually the case for me personally is that author is a new kind of Tibetan Buddhist, he is of the lineage of Tibetan Buddhism but he's involved closely with modern science' investigation into insight meditation and related subjects. For my taste, however, there is a little too much "science-based" information. Not really that I'm opposed to technology, but meditation and prayer have already been around for years and years, and science is only now catching up and investigating the benefits. Beyond just words, Mingyur Rinpoche provides the actual guidelines for finding internal peace.



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