

NEW YORK TIMES BESTSELLER

LASTING HAPPINESS IN A CHANGING WORLD

*The Book of*  
JOY

*His Holiness the*

DALAI LAMA

*Archbishop*

DESMOND TUTU

*with*

DOUGLAS ABRAMS

Dalai Lama

## The Book of Joy: Lasting Happiness in a Changing World



[continue reading](#)

An instant New York Occasions bestseller Two spiritual giants. Throughout, they include stories, wisdom, and research. In April 2015, Archbishop Tutu traveled to the Dalai Lama's residential in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu possess survived a lot more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, because they would say, because of them—they are two of the most joyful people on earth. One timeless question. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. They traded intimate stories, teased each other continually, and shared their spiritual practices. Then they present us the Eight Pillars of Pleasure, which provide the basis for lasting pleasure. They looked back again on their long lives to answer an individual burning question: How do we find pleasure when confronted with life's inevitable suffering? The Archbishop hasn't claimed sainthood, and the Dalai Lama considers himself a straightforward monk. From fear, tension, and anger to grief, illness, and death. By the end of a week filled up with laughter and punctuated with tears, both of these global heroes experienced stared in to the abyss and despair of our time and revealed how to live a lifestyle filled with joy. Five times. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy— In this unique collaboration, they provide us the reflection of true lives filled with discomfort and turmoil amid which they have already been able to discover a degree of peace, of courage, and of pleasure to which we can all aspire inside our own lives.



[continue reading](#)

Brilliant, delightful, and profoundly inspiring! The Book of Joy lives up to its title and goes much further. It highlights the countless methods in which we can all bring greater pleasure, fulfillment and purpose into our lives, and illuminates the type of the interconnected romantic relationship between painful emotions and deep pleasure. The book not only reaffirms this truth with great clarity, but through the magic of Abrams' skillful facilitation shows the many ways in which these two great spiritual leaders, both of whom are also great teachers of peace and reconciliation, embody the totality of what this means to be both ordinary and concurrently outrageous, mischievous, and totally unpredictable! Both Dalai Lama and Desmond Tutu possess risen beyond their particular religions to attain out to all humans regardless of their location. Highly recommend this book for your spiritual growth. Both of these males have got endured great hardship and adversity both in their personal lives and in the lives of millions of their countrymen, women and children, yet their extraordinarily brilliant spirit shines brightly through every page of the amazing book. Just how do they do it? The just quibble I've with this book is there is no index. We give this reserve five stars just because I may't give it six! I purchased this reserve because I struggle with anxiety and despair and have difficulty finding joy in life sometimes I would give this book a lot more stars easily could. I am presently reading it for the 3rd period, and I am still picking up on new stuff and means of thinking. Yes, it really is helpful about Dalai Lama and Desmond Tutu, however the bulk of the book challenges ones thinking, life-style, and just how we cultivate what comes into our lives, both negative and positive. I purchased this book because I have a problem with anxiety and major depression and also have difficulty finding joy in life sometimes. I am not saying this book is a cure, but it offers helped me. They have discovered the "top secret" and herein talk about it with all of us, if we are read with open up hearts. Can't recommend this publication enough (even though you are not religious, even if you don't know anything about these two men, the publication will benefit you. When you have not listened to the reserve on audio, deal with yourself. This book displays us how to create a happier world—you start with ourselves. A quick go through that provides much good medication for our troubled world. An unexpected delight of this book is the frequency and convenience with which these two guys bring forth their playfulness, wit, wisdom, and laugh-out-loud humor, even though they are immersed in profoundly deep discourse. Lives up to its name! "The ultimate source of Happiness is within us. It could lighten your load, put a smile on your own face, and perhaps change your daily life. The book is a series of discussions between your two clerics, moderated by Douglas Abrams. Life changing This book has changed just how i look at everything Precious HAPPY Wonderful book Gorgeous book! H. We are blessed to possess these wise men to instruct us such truths. Well written, accessible. I've read and reread this publication again and again and each time I'm enlightened once more. I sent copies of the book to friends and family and they'll pay it forward. The best reserve that I read in 2016. Powerful Insights This charming book targets how we can improve our lives and be joyful. It is a useful guide not just theoretical. Really well compiled by Doug Abrams; It displays how to cope with struggling and become joyful. This book brings joy to us each and every time we read some of it. We are all flawed need help. potentially life changing dialogues between two of the greatest spiritual leaders of our time. We ordered 3 books and only received 2 would like the other book, please~ So far not happy, as I feel like I over paid for 2 books." (HH) In the rear of this publication are meditations and prayers to greatly help us on our daily journey to find true joy, the ultimate way to obtain our happiness, as soon as found, we'll understand how to share it with everyone. They have both been through great discomfort, horrendous sorrow, and yet

they remain happy. How is that? Recently, going through some struggles at work with coworkers and negativity, I thought we would start reading this book once again to help me never to thrive on the bad, but to Choose Joy. WORDS TO LIVE BY I wish everyone in the world could read this publication. The format is certainly informal, and a little different than what a lot of us are utilized to, however the words, oh, what! Wisdom and truth. We are in need of, ultimately, to get a better concern for others' well-being. In other words, kindness or compassion, .. Good reserve but." (HH the Dalai Lama). IT COULD Change You Forever! This book was heavily marked with pen. Read it a few times and munch on what they say. That is a marvelous book, by two of the very most genuinely content people living. The Book of Pleasure truly fulfills its guarantee to answer that query. I heartily and unequivocally recommend this book to everyone, no matter where they are on the spiritual journey—just starting out or finishing a prolonged quest. I further suggest you buy a hard copy you may make notes in, so that you can find items at a glance when you wish to. Yes, I understand, writing in books can be a big no-no – nonetheless it makes me happy."I really believe everyone gets the responsibility to build up a happier globe. We are fortunate to have their encouraging and inspiring phrases on how to live in these challenging moments.H. We need to pay attention... Returned the publication to the library and received a properly new book. The spirit of these two men and their love for each other and all humanity leaps off every page.) Will end up being buying copies for Christmas gifts. It takes on a fresh dimension all together. A whole lot of inspiration here. Fantastic Amazing insights into how to experience joy and compassion. Best appreciated in small doses to absorb the wisdom it conveys. The Dalai Lama and Archbishop Tutu offer depth and humor which includes triumphed over the pain and cruelty inflicted on their cultural roots—inspiration to those of us with a lot more mundane obstacles. Dalai Lama and Desmond Tutu are two of the best possible living Beings on earth. Just reflecting on it elicits smiles of joy and appreciation.... Like your neighbor as you love yourself (Mark 12:31, the Holy Bible)—in the end, if you don't like yourself, you cannot like anyone else. It looks like it had been used for a class as the individual marked stuff that were not significant. It is extremely distracting. It's an excellent book and all the aspects were clean. I simply didn't expect the reserve will be so marked. Already on my Christmas list to provide to family and friends. Joy is for Everyone! From public library to Amazon purchase I particularly liked the large print. After reading several chapters I understood I wanted to highlight sentences on the web pages..What I found personally most rewarding was the teaching that ran through the reserve that revolved around the many ways that you'll be able to find pleasure even in the most challenging of times. Could not put it down from the moment I started reading. Life changing and filled with joy Great combination of playfulness, practicality, stories, and a number of suggested spiritual practices.. It would have been nice to discount this book because of all the underlining.



[continue reading](#)

download free The Book of Joy: Lasting Happiness in a Changing World fb2

download free The Book of Joy: Lasting Happiness in a Changing World epub

[download The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions djvu](#)

[download Super Mind: How to Boost Performance and Live a Richer and Happier Life Through Transcendental Meditation epub](#)

[download Dharma Parenting: Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment e-book](#)