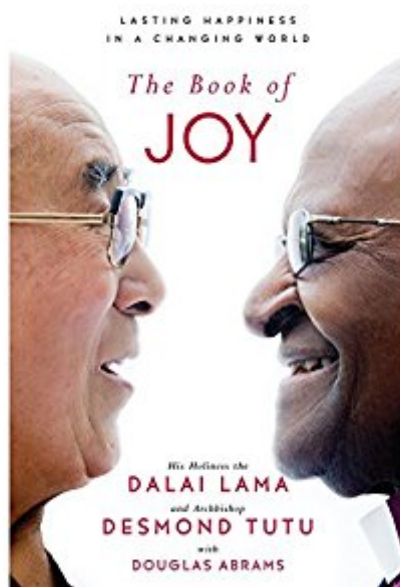




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The Book Of Joy: Lasting Happiness In A Changing World



Synopsis

Two great spiritual masters share their own hard-won wisdom about living with joy even in the face of adversity. The occasion was a big birthday. And it inspired two close friends to get together in Dharamsala for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet. From the beginning the book was envisioned as a three-layer birthday cake: their own stories and teachings about joy, the most recent findings in the science of deep happiness, and the daily practices that anchor their own emotional and spiritual lives. Both the Dalai Lama and Archbishop Tutu have been tested by great personal and national adversity, and here they share their personal stories of struggle and renewal. Now that they are both in their 80s, they especially want to spread the core message that to have joy yourself, you must bring joy to others. Most of all, during that landmark week in Dharamsala, they demonstrated by their own exuberance, compassion, and humor how joy can be transformed from a fleeting emotion into an enduring way of life. Narration credits: Douglas Carlton Abrams, read by the author Dalai Lama, read by Francois Chau Desmond Tutu, read by Peter Francis James

Book Information

Audible Audio Edition

Listening Length: 10 hours and 12 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Penguin Audio

Audible.com Release Date: September 20, 2016

Language: English

ASIN: B01IQ15JA0

Best Sellers Rank: #2 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #4 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #5 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

The Book of Joy lives up to its title and goes much further. It highlights the many ways in which we can all bring greater joy, fulfillment and purpose into our lives, and illuminates the nature of the interconnected relationship between painful emotions and deep happiness. The book not only

reaffirms this truth with great clarity, but through the magic of Abrams's 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 it means to be both ordinary and simultaneously outrageous, mischievous, and completely unpredictable! An unexpected delight of this book is the frequency and ease with which these two men bring forth their playfulness, wit, wisdom, and laugh-out-loud humor, even when they are immersed in profoundly deep discourse. What I found personally most rewarding was the teaching that ran through the book that had to do with the many ways in which it is possible to find joy even in the most difficult of times. Both of these men have endured great hardship and adversity both in their own lives and in the lives of millions of their countrymen, women and children, and yet their extraordinarily brilliant spirit shines brightly through every page of this amazing book. How do they do it? The Book of Joy truly fulfills its promise to answer that question. I give this book five stars only because I can't give it six!

A quick read that offers much good medicine for our troubled world. Both the Dalai Lama and Desmond Tutu have risen beyond their respective religions to reach out to all humans regardless of their location. A lot of inspiration here. Read it once or twice and chew on what they say. It could lighten your load, put a smile on your face, and maybe change your life.

I wish everyone in the world could read this book. Could not put it down from the moment I started reading. H.H. Dalai Lama and Desmond Tutu are two of the finest living Beings on the planet. We are fortunate to have their encouraging and inspiring words on how to live in these challenging times. I sent copies of this book to friends and family and they will pay it forward. The best book that I read in 2016.

I thought I needed a little joy in my life this past month. These two men are my most beloved non-family members! The book is just started but I know I will enjoy it greatly.

No matter where you are spiritually or in life, the story of the touching friendship between these two great thinkers is enough to recommend this book. However, it is so much more and has the potential to make positive change in our world, one reader at a time. The audio Version is beautifully done and something I will listen to regularly just to get a boost. Truly amazing.

I have given this book as a gift to several friends and family members. I have read it myself several times and often just open the book for inspiration. It contains most of the lessons of life we all need to remember and use everyday. Not that it is easy. That's why I need to keep reminding myself what is the wise path.

I found this to be a really enjoyable read. The thought of these two old souls, from different backgrounds, different faiths, coming together to share their common joy - you can almost see it jumping off the page. Despite their suffering they have found a peace, a compassion, and a deep well of joy from which they share.

A blessing to read!!!

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