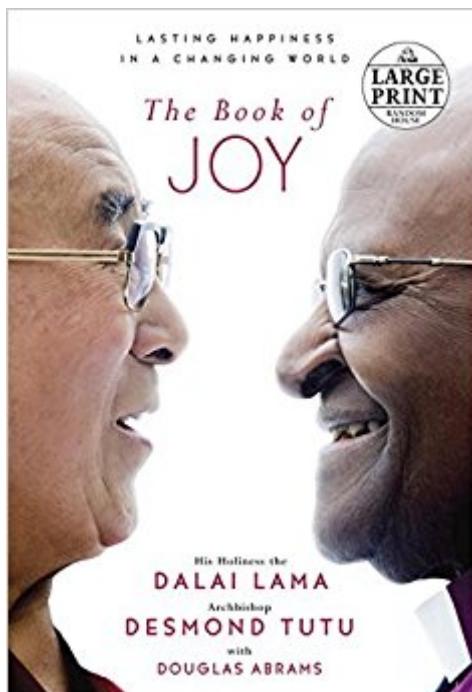


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# The Book Of Joy: Lasting Happiness In A Changing World (Random House Large Print)



## Synopsis

An instant New York Times bestsellerTwo spiritual giants. Five days. One timeless question. A Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet.In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering?They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy.This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye.We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives.The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

## Book Information

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## Customer Reviews

Winner of the 2016 Books for a Better Life Award in Spirituality "The question may be timeless, but their answer has urgent significance." [An] exquisite book...An intimate glimpse into the minds of two of the world's spiritual guides, and their foundation for an attainable and practical approach to experiencing a more enriching and sustainable life of abundant joy." "Shelf Awareness" This sparkling, wise, and immediately useful gift to readers from two remarkable spiritual masters offers hope that joy is possible for everyone even in the most difficult circumstances, and describes a clear path for attaining it." "Publishers Weekly" The world needs joy and compassion more than ever before and who better than Archbishop Tutu and the Dalai Lama to show us how it is done. This beautiful book takes us on the journey of their friendship and gives us the gift of their wisdom. A bright spot of hope and love in this world." "Sir Richard Branson" It's a book that transports you deep within the intimate friendship that binds these two incredible souls. And it's a book that vividly probes the very nature of joy itself - the illusions that eclipse it, the obstacles that obscure it, the practices that cultivate it, and the pillars that sustain it." "Rich Roll, The Rich Roll Podcast" --This text refers to the Hardcover edition.

His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of the Tibetan People and of Tibetan Buddhism. He was awarded the Nobel Peace Prize in 1989 and the US Congressional Gold Medal in 2007. Born in 1935 to a poor farming family in northeastern Tibet he was recognized at the age of two as the reincarnation of his predecessor, the 13th Dalai Lama. He has been a passionate advocate for a secular universal approach to cultivating fundamental human values. For over three decades the Dalai Lama has maintained an ongoing conversation and collaboration with scientists from a wide range of disciplines, especially through the Mind and Life Institute, an organization that he co-founded. The Dalai Lama travels extensively, promoting kindness and compassion, interfaith understanding, respect for the environment, and, above all, world peace. He lives in exile in Dharamsala, India. For more information, please visit [www.dalailama.com](http://www.dalailama.com). Desmond Mpilo Tutu, Archbishop Emeritus of Southern Africa, became a prominent leader in the crusade for justice and racial reconciliation in South Africa. He was awarded the Nobel Peace Prize in 1984 and the Presidential Medal of

Freedom in 2009. In 1994, Tutu was appointed chair of South Africa's Truth and Reconciliation Commission by Nelson Mandela, where he pioneered a new way for countries to move forward after experiencing civil conflict and oppression. He was the founding chair of The Elders, a group of global leaders working together for peace and human rights. Archbishop Tutu is regarded as a leading moral voice and an icon of hope. Throughout his life, he has cared deeply about the needs of people around the world, teaching love and compassion for all. He lives in Cape Town, South Africa. For more information please visit [tutu.org.za](http://tutu.org.za). Douglas Abrams is an author, editor, and literary agent. He is the founder and president of Idea Architects, a creative book and media agency helping visionaries to create a wiser, healthier, and more just world. He is also the co-founder with Pam Omidyar and Desmond Tutu of HumanJourney.com, a public benefit company working to share life-changing and world-changing ideas. Doug has worked with Desmond Tutu as his cowriter and editor for over a decade, and before founding his own literary agency, he was a senior editor at HarperCollins and also served for nine years as the religion editor at the University of California Press. He believes strongly in the power of books and media to catalyze the next stage of global evolutionary culture. He lives in Santa Cruz, California. For more information, please visit [ideaarchitects.com](http://ideaarchitects.com) and [humanjourney.com](http://humanjourney.com). From the Hardcover edition.

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' 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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