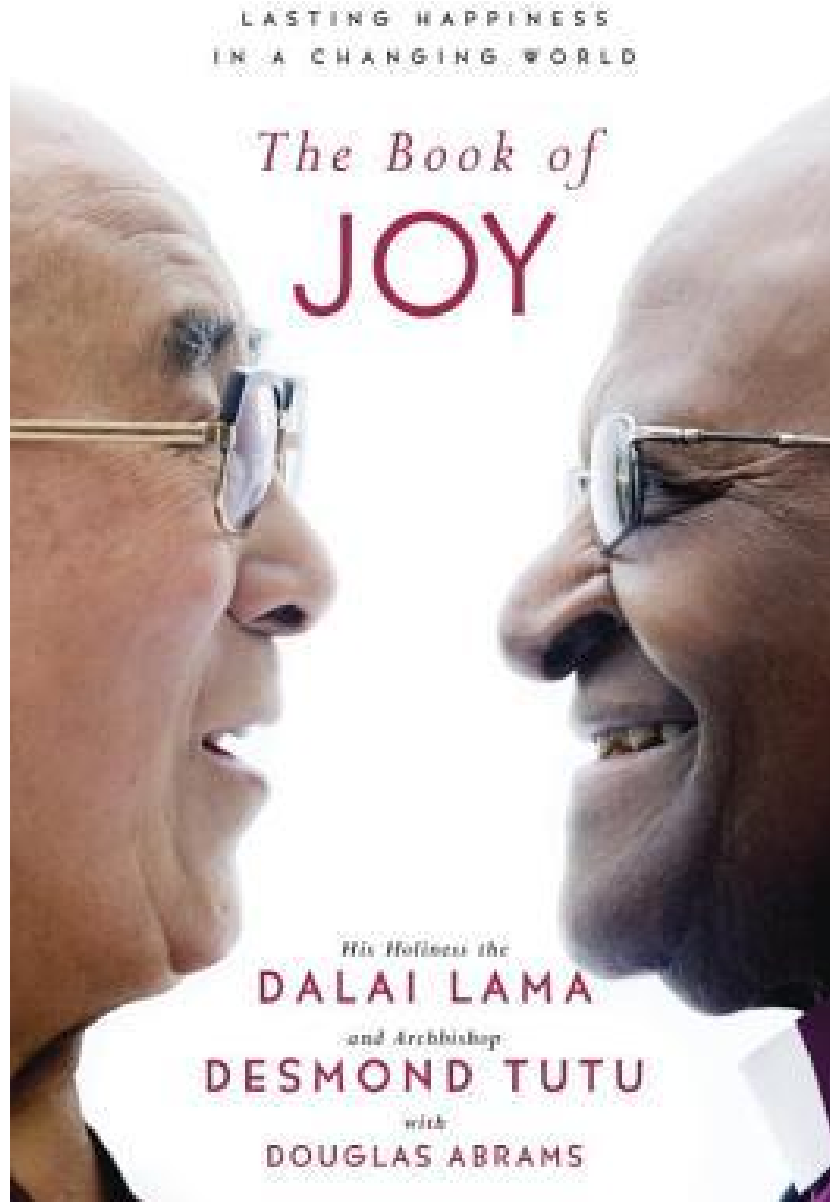


The Book of Joy: Lasting Happiness in a Changing World Book PDF Download



By:
Dalai Lama XIV

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What people Say:

Diane

I simply loved this book.

is a conversation between the Dalai Lama and Archbishop Desmond Tutu about finding joy and happiness in the face of suffering and grief. The two old friends met in India for the Dalai Lama's 80th birthday, and they had long discussions over several days.

Writer Douglas Abrams helped facilitate the dialogue, asking questions and taking detailed notes. The reader gets the benefit of both the wisdom of the spiritual leaders and an outside perspective on how

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Writer Douglas Abrams helped facilitate the dialogue, asking questions and taking detailed notes. The reader gets the benefit of both the wisdom of the spiritual leaders and an outside perspective on how the two friends interacted and behaved. It was joyous to read about how the men would tease each other, and then drop some fantastic bit of knowledge. Abrams commented that it's a sign of how much the two love each other that they can be mischievous together. Because the Dalai Lama and the Archbishop are getting older and have more difficulty traveling, this was likely their last meeting, and their goodbye was a tearful moment for this reader.

I am not a practicing Buddhist or Christian, but I found great comfort and inspiration in this book. There are several helpful meditation practices included at the end. I would highly recommend to anyone seeking more happiness and peace in a troubled world.

"People would like to be able to take a pill that makes their fear and anxiety go away and makes them immediately feel peaceful. This is impossible. One must develop the mind over time and cultivate mental immunity. Often people ask me for the quickest and best solution to a problem. Again, this is impossible. You can have quickest or you can have best solution, but not both. The best solution to our suffering is mental immunity, but it takes time to develop." -- Dalai Lama

"We suffer from a perspectival myopia. As a result, we are left nearsighted, unable to see our experience in a larger way. When we confront a challenge, we often react to the situation with fear and anger. The stress can make it hard for us to step back and see other perspectives and solutions ... But if we try, we can become less fixated, or attached, to use the Buddhist term, to one outcome

and can use more skillful means to handle the situation. We can see that in the most seemingly limiting circumstance we have choice and freedom."

Antigone

Oh, they are

! Impish spirits, the both of them, who giggle and joust and tease their way through this late-in-life meeting; evincing in almost every moment the very joy they've gathered to discuss.

The friendship of these illustrious men, who've met a mere half dozen times and then only briefly, calls to mind that deep and instantaneous bond so frequently formed by children - back when our hearts were filled with trust and our world with potential companions in adventure. Clearly kindred

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The friendship of these illustrious men, who've met a mere half dozen times and then only briefly, calls to mind that deep and instantaneous bond so frequently formed by children - back when our hearts were filled with trust and our world with potential companions in adventure. Clearly kindred spirits, the Dalai Lama has been known to swipe the Archbishop's signature sailing cap right off his head, and Desmond Tutu, in turn, to demand recompense for every compliment he tenders.

, he says, extending his arm and rubbing his fingers together. The best way to measure a love is to gauge its flexibility to antics of this nature, and you can tell this is, indeed, a magnificent affection. It's a pleasure to witness. Even on the page it has power enough to produce a string of smiles...and resurrect a dream or two.

Which is not to say their wisdom is in any way overshadowed, or their keenness underplayed.

The occasion is the Dalai Lama's eightieth birthday. Archbishop Tutu has flown to India for a visit of several days during which these scamps will settle in as best they can and address, between them, how to introduce joy into life. You might imagine this would be a lofty enterprise but it is very much like the friendship; sincere and down-to-earth. Though they agree on a lot, their approaches have individual distinctions. In the arena of emotion, for example, the Dalai Lama promotes learning how to objectively examine our feelings while the Archbishop is more concerned with putting an end to the shame we have over what we feel. (One is a course of mindfulness, the other of self-compassion.) Their interlocutor, Douglas Abrams, has some difficulty with this development as

he places the positions in opposition. I did not have that difficulty, finding them complimentary strategies.

But I'm doing the material a disservice to elevate it in this manner. It's not an esoteric exchange. These are solid conclusions about grief, compassion, humility, loneliness and despair, extended simply as the product of a lifetime's careful and conscientious thought. In fact, one of the principal benefits I drew from my first reading had to do with the news media. I've been having a tough time with the news lately. It's not so much the content as it is the way it's presented to me. Everything seems tailored to make me anxious; to scare me enough to keep me tuning in. The Dalai Lama and Archbishop Tutu spent a moment discussing this.

Michelle

started out in an ordinary enough manner. It was well-written, interesting, at times humorous, and full of truth. But then . . . right book, right time, it guided me to closure on something I'd been struggling with for a decade. This is literally a life changing book for me.

Even if you don't experience an epiphany like me, this book still has the potential to make your life better. You can already be happy and take something from this. You don't have to be Christian or Buddhist f

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Jennifer ~ TarHeelReader

Powerful, exquisite, full of love and friendship between Archbishop Tutu and the Dalai Lama. I listened to this on audio; incredible to hear the different voices (narrators were actors, very good actors) and quotes from these two enlightened friends. I will refer back to with frequency the helpful practice chapters at the end on meditation/thought changes. This is the premier "book of joy" I've read thus far. Empowering and thought provoking with humor and love for self and others.

madamereadsalot

4.5

I have listened to this book on audible, but as I found so many important messages and useful practices in it, I wanted to have a physical copy as well to reread and mark my favourite passages in! It's that kind of book!

Especially regarding the current situation in the world, but also for years in everyday life, I found myself agreeing: we are all in it together. We are all human beings looking for happiness and trying to free ourselves from suffering. So we should be more kind to othe

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Especially regarding the current situation in the world, but also for years in everyday life, I found myself agreeing: we are all in it together. We are all human beings looking for happiness and trying to free ourselves from suffering. So we should be more kind to others and to ourselves.

The only thing I found to be a liittle downer, is that there is often talk of the importance of relationships. But only a very little part actually goes deeper into how shy or lonely people can overcome their struggles. (In a wider sense, they can, of course, by applying the practices of kindness and mindfulness on their everyday life.) But the fact, that a lot of us still struggle remains the same. Then again, that's life, huh?