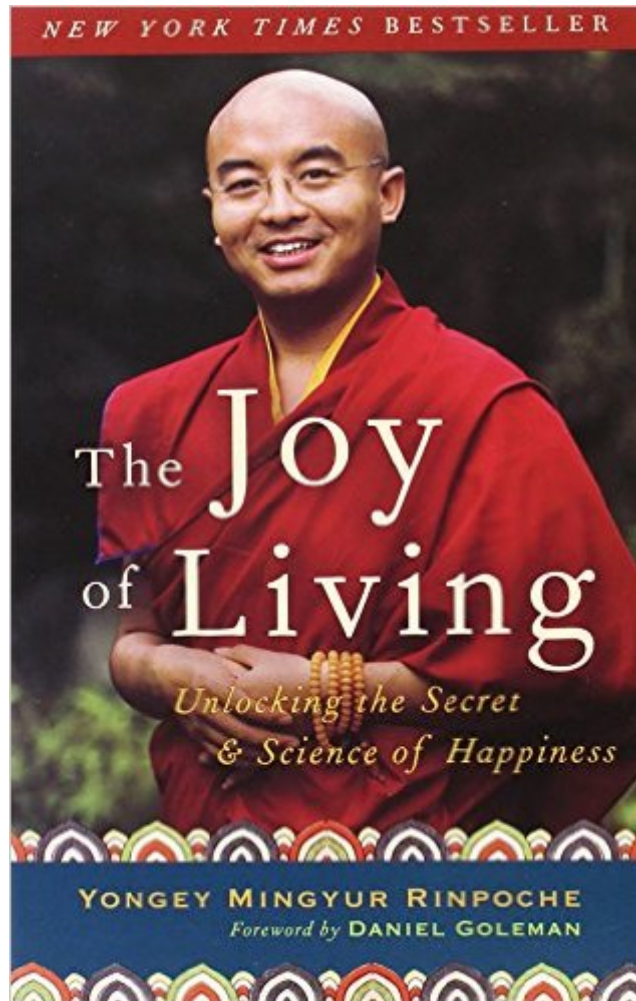


The book was found

# The Joy Of Living: Unlocking The Secret And Science Of Happiness



## Synopsis

An illuminating perspective on the science of meditation and a handbook for transforming our minds, bodies, and lives. In *The Joy of Living*, world-renowned Buddhist teacher Yongey Mingyur Rinpoche "the happiest man in the world" invites us to join him in unlocking the secrets to finding joy and contentment in the everyday. Using the basic meditation practices he provides, we can discover paths through our problems, transforming obstacles into opportunities to recognize the unlimited potential of our own minds.

## Book Information

Paperback: 272 pages

Publisher: Harmony; Reprint edition (May 27, 2008)

Language: English

ISBN-10: 0307347311

ISBN-13: 978-0307347312

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (185 customer reviews)

Best Sellers Rank: #25,498 in Books (See Top 100 in Books) #38 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #127 in Books > Science & Math > Biological Sciences > Anatomy #299 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

We often hear and talk about the different way of thinking - Eastern or Western and left brain vs right brain. But rarely do we see a work that brings it all together in easy to understand language. *The Joy of Living* really does a great job of explaining how the mind works and how to make the mind work for you and what you want. "The mind is the source of all experience, and by changing the direction of the mind, we can change the quality of everything we experience. When you transform your mind, everything you experience is transformed." The book is divided into three parts. Part one is "The Ground". To truly understand the benefits of meditation, you need to understand how the mind works and what we need to do to make it work for us. Here Yongey goes into great detail to explain the different parts of the brain and their function. He also enlightens the reader with the movement of scientific research concerning the mind and how the Eastern and Western thoughts are moving toward the same goal. Part two is The Path. Here Yongey gives detailed instructions on

the various methods of meditating. His explanations are very easy to understand and follow. Unlike many books I have read on meditation, he tries to make it simple and workable. He is not so much concerned with technique as he is with results. Part three is The Fruits. This is simply a recap of the benefits to be gained from meditation. Even if you never plan to do any formal meditation, there is a lot to be learned from this book. Basically we grow up thinking in dualistic terms - that is self vs others, mine vs theirs, having or not having. When we think this way, we are bound by limitations. This way of thinking is a habit and habits can be changed.

[Download to continue reading...](#)

The Joy of Living: Unlocking the Secret and Science of Happiness Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Girl Code: Unlocking the Secrets to Success, Sanity, and Happiness for the Female Entrepreneur The Materialistic World: How to Escape Materialism, Theory of Materialism, Mindful Living, Living with True Happiness (Get out of Materialism) The Art of Happiness in a Troubled World (Art of Happiness Book) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodie Seminar Series Book 3) El Poder de la alegría - The power of real Happiness: Pequeños detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER ÉXITO EN LA VIDA) (Spanish Edition) Catastrophic Happiness: Finding Joy in Childhood's Messy Years The Book of Joy: Lasting Happiness in a Changing World Joy on Demand: The Art of Discovering the Happiness Within Happiness Is...: Simple Steps to a Life of Joy End Times and the Secret of the Mahdi: Unlocking the Mystery of Revelation and the Antichrist The Talent Code: Unlocking the Secret of Skill in Sports, Art, Music, Math, and Just About Anything The Joy of Waltzes, Tangos and Polkas: Piano Solo (Joy Books (Music Sales)) Joy on the Job . . . . Over 365 Ways to Create the Joy and Fulfillment You Deserve The Treasure Principle: Unlocking the Secret of Joyful Giving (LifeChange Books) Win the Game of Googleopoly: Unlocking the Secret Strategy of Search Engines The Secret Language of Dogs: Unlocking the Canine Mind for a Happier Pet Joy Of First Classics (Joy Of...Series) The Joy of First Year Piano (Joy Of...Series)

[Dmca](#)