

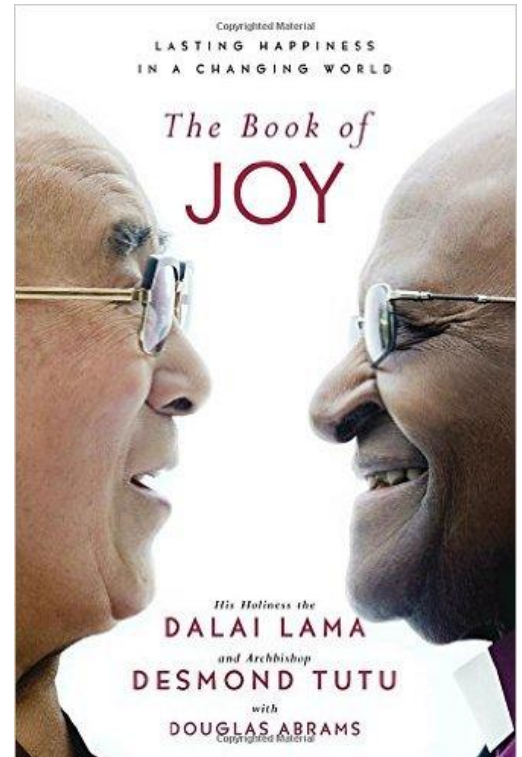
The Book of Joy: Lasting Happiness in a Changing World

by the Dalai Lama, Desmond Tutu and Douglas Carlton Abrams

Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and oppression. Yet they remain joyful. When the Dalai Lama celebrated his 80th birthday in April 2015, Archbishop Tutu traveled to India for the occasion. Over the course of the visit they shared stories, and their spiritual practices.

“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.”



We will be using the hardcover edition which is available from Amazon and other major bookstores.

<https://www.amazon.com/Book-Joy-Lasting-Happiness-Changing/dp/0399185046>

<https://www.barnesandnoble.com/w/the-book-of-joy-dalai-lama/1123869517?ean=9780399185045>

Schedule

October 2	Discuss through page 41 (37 pages)
November 6	Discuss through page 78 (32 pages)
December 4	Discuss through p. 133 (49 pages)
January 8	Discuss through p. 187 (49 pages)
February 5	Discuss through p. 228 (34 pages)
March 5	Discuss through p. 262 (32 pages)
April 2	Discuss through p. 305 (41 pages)
May 7	Discuss through p. 328 (21 pages)
June 4	Discuss the rest of the book (26 pages)

The Book of Joy Reading Schedule

	Starting Page	Ending Page	No. of Pages
October Assignment: Read through page 41 (37 pages)			
The Invitation to Joy	ix	x	2
Introduction	1	8	8
Arrival: We Are Fragile Creatures	11	24	14
Day 1			
The Nature of True Joy	27		
- Why are You Not Morose?	29	41	13
November Assignment: Read through page 78 (32 pages)			
- Nothing Beautiful	43	49	7
- Have You Renounced Pleasure?	51	57	7
- Our Greatest Joy	59	64	6
Lunch: Meeting of Two Mischievous People is Wonderful	67	78	12
December Assignment: Read through p. 133 (49 pages)			
Days 2 & 3			
The Obstacles to Joy	81		
- You are a Masterpiece in the Making	83	92	10
- Fear, Stress, & Anxiety: I Would Be Very Nervous	93	100	8
- Frustration & Anger: I Would Shout	101	108	8
- Sadness & Grief: The Hard Times Knit Us More Closely Together	109	113	5
- Despair: The World is in Such Turmoil	115	123	9
- Loneliness: No Need for Introduction	125	133	9
January Assignment: Read through p. 187 (49 pages)			
- Envy: That Guy Goes Past Yet Again in His Mercedes-Bens	135	144	10
- Suffering & Adversity: Passing through Difficulties	145	157	13
- Illness & Fear of Death: I Prefer to Go to Hell	159	167	9
Meditation: Now I'll Tell You a Secret Thing	171	187	17
February Assignment: Read through p. 228 (34 pages)			
Days 4 & 5			
The Eight Pillars of Joy	191		
1. Perspective: There are Many Different Angles	193	201	9
2. Humility: I Tried to Look Humble and Modest	203	213	11
3. Humor: Laughter, Joking is Much Better	215	222	8
4. Acceptance.: The Only Place Where Change Can Begin	223	228	6

March Assignment: Read through p. 262 (32 pages)			
5. Forgiveness: Freeing Ourselves from the Past	229	239	11
6. Gratitude: I am Fortunate to Be Alive	241	249	9
7. Compassion: Something We Want to Become	251	262	12
April Assignment: Read through p. 305 (41 pages)			
8. Generosity: We Are Filled with Joy	263	275	13
Celebration: Dancing in the Streets of Tibet	277	289	13
Departure: A Final Goodbye	291	305	15
May Assignment: Read through p. 328 (21 pages)			
Joy Practices	307		
- Developing Mental Immunity	309	310	2
- Morning Intention Setting	311	312	2
- Overcoming the Obstacles to Joy	312	328	17
June Assignment: Finish the book (26 pages)			
- Cultivating the Eight Pillars of Joy	329	345	17
- Rejoicing in Your Day	345	347	2
- Relationship and Community - The Greatest Joy	347	348	2
Acknowledgements	349	351	3
Author Bios	353	354	2
			321