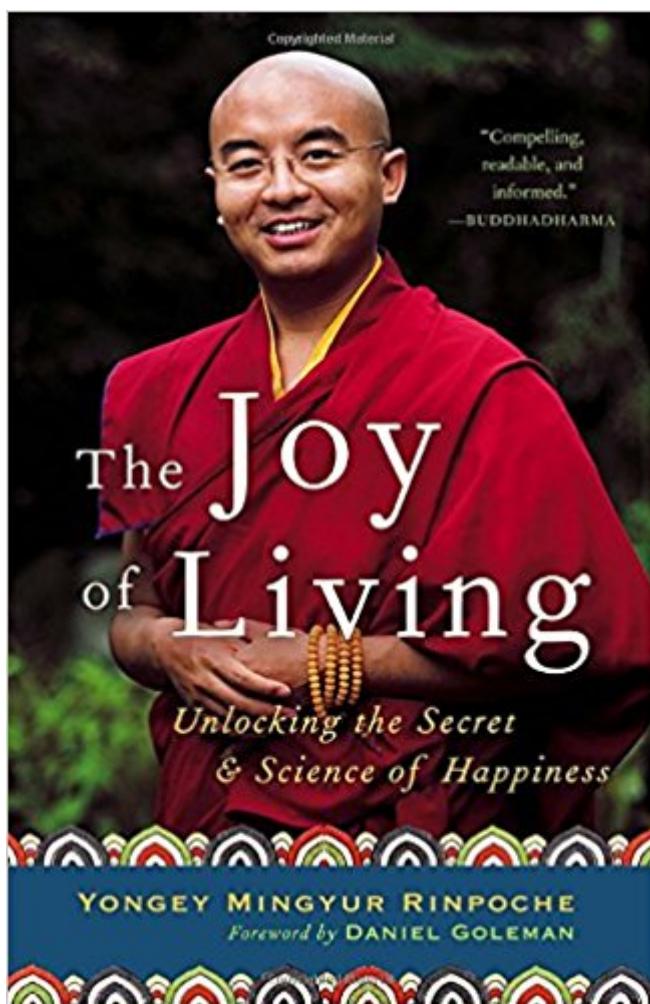


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# The Joy Of Living: Unlocking The Secret And Science Of Happiness



## Synopsis

An illuminating perspective on the science of meditationâ "and a handbook for transforming our minds, bodies, and livesIn The Joy of Living, world-renowned Buddhist teacher Yongey Mingyur Rinpocheâ "the â œhappiest man in the worldâ •â "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

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## Customer Reviews

Starred Review. This refreshing book is yet another sign that the next generation of Buddhism is creative, cross-cultural and cross-disciplinary. Born in 1975 in Nepal, the author is among the generation of Tibetan lamas trained outside of Tibet, and he's also a gifted meditator. His brain activity has been measured during meditation, earning him the enviable sobriquet of "happiest man on earth." He fuses scientific and spiritual considerations, explaining meditation as a physical as well as a spiritual process. Mingyur Rinpoche knows from experience that meditation can change the brain. He experienced panic attacks as a child that he was able to overcome through intensive meditation. If diligently practiced, meditation can affect the "neuronal gossip"â "his imaginative rendering of brain cell communicationâ "that keeps us stuck in unhappy behaviors. The meditation master offers a wide variety of techniques, counseling ease in practice to avoid boredom or aversion. Less is more; practice shorter periods more often, he says. His approach will be especially

welcome for anyone frustrated by meditation or convinced they're "not doing it right." This book is a fresh breath from the meditation room, written with kindness, energy and wit. Three cheers for a cheerful contemplative. (Mar. 6) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an alternate Paperback edition.

The New York Times Bestseller! • Compelling, readable, and informed. •

"Buddhadharma" • Rinpoche's investigations into the science of happiness are woven into an accessible introduction to Buddhism. • "Tricycle" • There is real wisdom here. Fresh and clear. Mingyur Rinpoche has offered us what may well be an essential link between the Buddha and contemporary neuroscience and physics. He effortlessly makes connections between seemingly disparate and complex disciplines, and makes the journey sparkle. His voice is generous, intimate, and refreshingly personal. As he repeatedly reminds us, our experience of ourselves and our world is none other than an interactive projection of our mind; and most important, our minds can change. Our neurons can change structure and function, merely by observing the flow of our mental activity. Through repeated familiarity with positive mind states, such as love and compassion, and by transforming our limiting mental conceptualizing into vast freedom, we can achieve the already present basic mind of clarity and knowing • "true happiness. Read this book. • "Richard Gere  
"An extraordinarily clear book on the whys and the hows of cultivating mindfulness effectively in our lives. It makes use of the idiom and exciting discoveries of modern science in ways that are easy to understand and entirely relevant to the meditation practices themselves. • "Jon Kabat-Zinn, author of Coming to Our Senses and vice-chair of the Mind and Life Institute  
"The first of its kind . . . a truly compelling and infinitely practical fusion of Tibetan Buddhism and scientific ideas. Mingyur Rinpoche is a teacher for our time, uniquely gifted to bridge these two worlds. • "Sogyal Rinpoche, author of The Tibetan Book of Living and Dying  
"It is extraordinary to see the words lineage, compassion, spacetime foam, and limbic resonance all in the same book. . . . The Joy of Living is a personal, readable, and wonderfully warm and clear guide to changing the way we see ourselves and the world. • "Sharon Salzberg, author of Lovingkindness: The Revolutionary Art of Happiness  
"Mingyur Rinpoche is a charismatic teacher with a heart and smile of gold. The clarity, humor, and wisdom of his stories and teachings are collected in this book, and it will always be with me as a most valued companion. This is one of those rare books where you meet the author and learn from his radiance. • "Lou Reed  
"A beautiful tapestry of Buddhist insight woven together with modern science, this book is a landmark in the development of a contemplative neuroscience . . . a must-read for anyone interested in the causes and consequences of

happiness.â • â "Richard J. Davidson, professor of psychology and psychiatry and Director, Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsinâ "MadisonFrom the Hardcover edition.

Highly recommended to get on the fast track to understanding in a Western mindset what the practical benefits of insight meditation is and the much greater possibility of achieving great progress instead of dropping out as 95% do. Personal history: For 7 years I have been practicing meditation and studying Buddhist texts, and going to the occasional retreat. In my humble opinion, after reading upwards of 70 books on Buddhist meditation styles, and sitting in meditation for well over a thousand hours, this book is the best I have come across yet for me. The reason this is the case for me is that this author is a new type of Tibetan Buddhist, he is of the lineage of Tibetan Buddhism but he is involved closely with modern science' investigation into insight meditation and related subjects. This union of Tibetan meditation practices and Buddhist philosophy with Western science resources of investigation, along with the excellent writing ability of writer Eric Swanson, has produced a tome that "enlightened" me to the practical nature of and the outcome of insight meditation to produce wisdom and happiness. This one humbly feels he is "home" now. May all beings achieve happiness, peace and wisdom.

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. There are basically two concepts that cause the majority of our problems - attachment and aversion. We become attached to the way we want things to be and have an aversion to change. The lessons about reality and perception are extremely good. Do not expect to read this book once and become enlightened. There are many concepts that will take time to sink in and become part of your way of thinking. It is a book that will need to be studied and the concepts put into practice to give you the ultimate - The Joy of Living.

This is the second time I've bought this book (after lending it to someone who decided they liked it too much to return it!). It's a wonderful guide for anyone interested in meditation, and provides lots of ideas and strategies for practice. Rinpoche also explains the science behind meditation, which I think gives this book added depth. I often pick it up and read a chapter whenever I'm feeling tense and need a reminder on how to be mindful to get through tough times.

"The Joy of Living" was an easy, yet delightful read. Yongey Mingyur Rinpoche is a master communicator who shares his vulnerabilities, experience and expert knowledge in an interesting, humble and understandable manner. This 252-page book teaches meditation methods, our "inside job" of "choosing happiness," focus on other sentient beings, and provides effective stories and examples to bring points home. Rinpoche brings ancient secrets and modern science together to explain the benefits of meditation on the mind and body. I loved this book and believe you will too. Make yourself happy! Buy this book today.

This book is amazing. Life changing. I've never been able to meditate, or understand why it was "so great." I would get mad at myself for not understand Buddhist philosophy. Yongey Mingyur Rinpoche is so accessible, somehow so relatable. He makes me feel like less of an idiot. I can't wait to read his other books.

This is the most accessible and practical book I have read on mindfulness and how to start a meditation practice. It actually got me started in a meditation practice, which *Wherever You Go, There You Are* by Jon Kabat-Zinn did not (even though I enjoyed that book, too). Highly recommend! It includes some basics of the neuroscience behind meditation, which I appreciated, being a scientist myself. I also liked that the author included his own life story and his problems with

anxiety before he became a practiced meditator.

It's a wonderful book that has inspired me to take my first steps in meditation. It is very easy to read and it often brings together modern science and Buddhism, which is very interesting since I have always been interested in knowing how things work. I definitely recommend it, especially if you are finding it difficult to start in meditation.

The author, coupled with his sense of humour, very effectively convey the idea through this book. I find every page give me new perspective and make me calmer. This book is definitely not a once-off read, but will come back every now and then for inspiration.

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