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Summary Of The Book Of Joy By Dalai Lama, Desmond Tutu, And Douglas Carlton Abrams: Lasting Happiness In A Changing World

book(summary)

The Book of **JOY**

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Synopsis

Note: This is a book summary and not the original book. Original book description for The Book of Joy: Lasting Happiness in a Changing World: Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than 50 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 80th 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 goodbye.

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