

The Joy of Living: Unlocking the Secret and Science of Happiness

By Yongey Mingyur Rinpoche, Eric Swanson

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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.

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Editorial Review

From Publishers Weekly

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"—his imaginative rendering of brain cell communication—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)

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Review

***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.”

—Richard J. Davidson, professor of psychology and psychiatry and Director, Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin–Madison

From the Hardcover edition.

About the Author

A rising star among the new generation of Tibetan masters, YONGEY MINGYUR RINPOCHE is an internationally known and respected teacher of Buddhist philosophy and meditation techniques.

Users Review

From reader reviews:

Barbara Akins:

Precisely why? Because this *The Joy of Living: Unlocking the Secret and Science of Happiness* is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will shock you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of benefits than the other book have got such as help improving your expertise and your critical thinking technique. So , still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

Victoria Manson:

The book untitled *The Joy of Living: Unlocking the Secret and Science of Happiness* contain a lot of information on it. The writer explains her idea with easy technique. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author will bring you in the new period of literary works. It is possible to read this book because you can please read on your smart phone, or gadget, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice go through.

Caroline Gonzalez:

That book can make you to feel relax. This kind of book The Joy of Living: Unlocking the Secret and Science of Happiness was colorful and of course has pictures on there. As we know that book The Joy of Living: Unlocking the Secret and Science of Happiness has many kinds or style. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and believe you are the character on there. Therefore not at all of book tend to be make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading in which.

Edna Dixon:

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