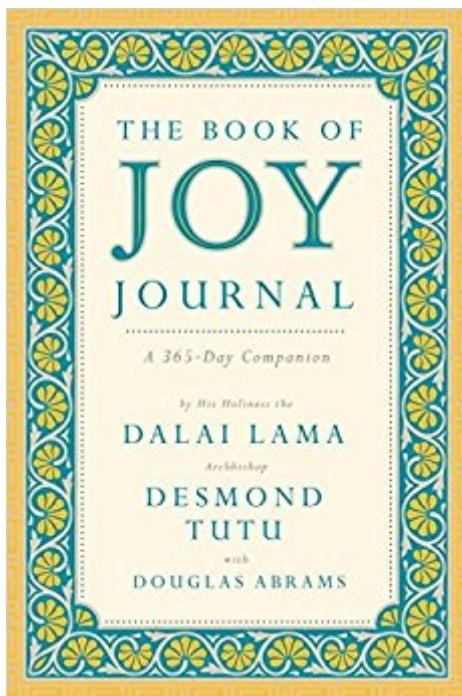


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# The Book Of Joy Journal: A 365-Day Companion



## **Synopsis**

This companion to the instant New York Times best seller The Book of Joy guides journalers with inspiring quotes from the Dalai Lama and Archbishop Tutu to help them find joy in their own lives. In The Book of Joy, two great spiritual masters, Nobel laureates, and dear friends met for a landmark discussion on how we can live with joy even in the face of adversity. His Holiness the Dalai Lama and Archbishop Desmond Tutu shared their personal stories of struggle and renewal as well as the joy practices they use themselves every day. Now this elegantly designed, 365-day journal prompts us with inspiring quotes to help transform the joy practices into an enduring way of life. A Year of Joy is the perfect companion for The Book of Joy's many passionate readers as well as the perfect gift for anyone looking to live a more joyful life.

## **Book Information**

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## **Customer Reviews**

His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of the Tibetan People and of Tibetan Buddhism. He was awarded the Nobel Peace Prize in 1989 and the US Congressional Gold Medal in 2007. Born in 1935 to a poor farming family in northeastern Tibet he was recognized at the age of two as the reincarnation of his predecessor, the 13th Dalai Lama. He has been a passionate advocate for a secular universal approach to cultivating fundamental human values. For over three decades the Dalai Lama has maintained an ongoing conversation and collaboration with scientists from a wide range of disciplines, especially through the Mind and Life Institute, an organization that he co-founded. The Dalai Lama travels extensively, promoting kindness and compassion, interfaith understanding,

respect for the environment, and, above all, world peace. He lives in exile in Dharamsala, India. For more information, please visit [www.dalailama.com](http://www.dalailama.com). Desmond Mpilo Tutu,Â Archbishop Emeritus of Southern Africa, became a prominent leader in the crusade for justice and racial reconciliation in South Africa. He was awarded the Nobel Peace Prize in 1984 and the Presidential Medal of Freedom in 2009. In 1994, Tutu was appointed chair of South Africaâ ™s Truth and Reconciliation Commission by Nelson Mandela, where he pioneered a new way for countries to move forward after experiencing civil conflict and oppression. He was the founding chair of The Elders, a group of global leaders working together for peace and human rights. Archbishop Tutu is regarded as a leading moral voice and an icon of hope. Throughout his life, he has cared deeply about the needs of people around the world, teaching love and compassion for all. He lives in Cape Town, South Africa. For more information please visit [tutu.org.za](http://tutu.org.za). Douglas AbramsÂ is an author, editor, and literary agent. He is the founder and president of Idea Architects, a creative book and media agency helping visionaries to create a wiser, healthier, and more just world. He is also the co-founder with Pam Omidyar and Desmond Tutu of HumanJourney.com, a public benefit company working to share life-changing and world-changing ideas. Doug has worked with Desmond Tutu as his cowriter and editor for over a decade, and before founding his own literary agency, he was a senior editor at HarperCollins and also served for nine years as the religion editor at the University of California Press. He believes strongly in the power of books and media to catalyze the next stage of global evolutionary culture. He lives in Santa Cruz, California. For more information, please visit [ideaarchitects.com](http://ideaarchitects.com) and [humanjourney.com](http://humanjourney.com).

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