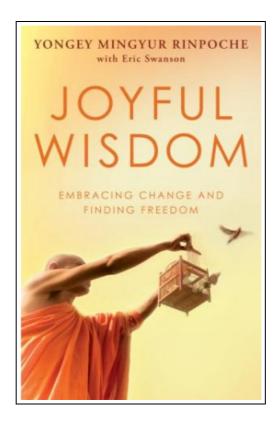
## Joyful Wisdom (Paperback)



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## Reviews

Good eBook and beneficial one. It really is simplified but unexpected situations from the 50 percent from the ebook. You can expect to like the way the blogger publish this ebook.

(Bridie Stracke DDS)

## JOYFUL WISDOM (PAPERBACK)



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Transworld Publishers Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English. Brand New Book. In this remarkable sequel to his book, The Joy of Living, Buddhist scholar and teacher Yongey Mingyur Rinpoche explores the role of positive thinking and how to overcome anxiety in everyday life. Joyful Wisdom is divided into three parts, the way traditional Buddhist texts are organized: \* Part One offers an overview of the basic unease we feel, how it evolved, its true source. \* Part Two describes the methods of meditation that transforms our experiences into deeper insights. \*Part Three explores the application of these methods to emotional, physical, and personal problems. Each chapter is underlined by examples drawn from Yongey Mingyur's personal experience, the stories of friends and teachers, and in particular the conversations with people he's met during the 12 years he has spent teaching around the world.



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