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Joyful Wisdom: Embracing Change and Finding Freedom

By Yongey Mingyur Rinpoche, Eric Swanson

Three Rivers Press (CA). Paperback / softback. Book Condition: new. BRAND NEW, Joyful Wisdom: Embracing Change and Finding Freedom, Yongey Mingyur Rinpoche, Eric Swanson, Yongey Mingyur is one of the most celebrated among the new generation of Tibetan meditation masters, whose teachings have touched people of all faiths around the world. His first book, "The Joy of Living," was a "New York Times" bestseller hailed as "compelling, readable, and informed" ("Buddhadharma") and praised by Richard Gere, Lou Reed, and Julian Schnabel for its clarity, wit, and unique insight into the relationship between science and Buddhism. His new book, "Joyful Wisdom," addresses the timely and timeless problem of anxiety in our everyday lives. "From the 2,500-year-old perspective of Buddhism," Yongey Mingyur writes, "every chapter in human history could be described as an 'age of anxiety.' The anxiety we feel now has been part of the human condition for centuries." So what do we do? Escape or succumb? Both routes inevitably lead to more complications and problems in our lives. "Buddhism," he says, "offers a third option. We can look directly at the disturbing emotions and other problems we experience in our lives as stepping-stones to freedom. Instead of rejecting them or...



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