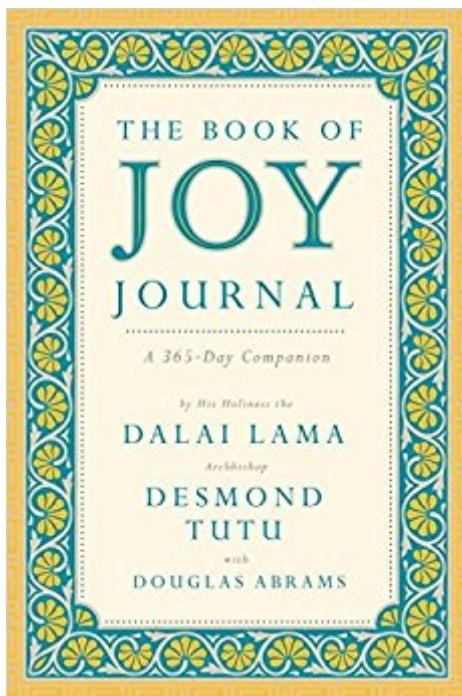


The book was found

# 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**

Hardcover: 240 pages

Publisher: Avery (October 17, 2017)

Language: English

ISBN-10: 0525534822

ISBN-13: 978-0525534822

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 14.2 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #27,366 in Books (See Top 100 in Books) #39 in Books > Self-Help > Journal Writing #188 in Books > Self-Help > Spiritual #773 in Books > Self-Help > Personal Transformation

## **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, 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 Africa'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 Abrams 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).

[Download to continue reading...](#)

The Book of Joy Journal: A 365-Day Companion Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Crafting: 365 Days of Crafting: 365 Crafting Patterns for 365 Days (Crafting Books, Crafts, DIY Crafts, Hobbies and Crafts, How to Craft Projects, Handmade, Holiday Christmas Crafting Ideas) Crochet: 365 Days of Crochet: 365 Crochet Patterns for 365 Days (Crochet, Crochet Patterns, DIY Crochet, Crochet Books, Crochet for Beginners, Crochet Afghans,

Crochet Christmas, Holiday Crochet) Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy The Must Have 2017 Sudoku Puzzle Book: 365 daily sudoku puzzle book for 2017 sudoku. Sudoku puzzles for every day of the year. 365 Sudoku Games - 5 levels of difficulty (easy to hard) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Bullet Journal: Wood Notebook Dotted Grid, 5,5"x 8,5": Dot Grid Journal, Design Book, Planner, Dotted Notebook, Work Book, Sketch Book, Math Book, 5mm ... paper) (Dotted Journal Notebooks) (Volume 28) Companion Planting: Companion Gardening - A Practical Guide For Beginners To Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening) The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) The Joy of Russian Piano Music (Joy Of...Series) The Joy of First Year Piano (Joy Of...Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)