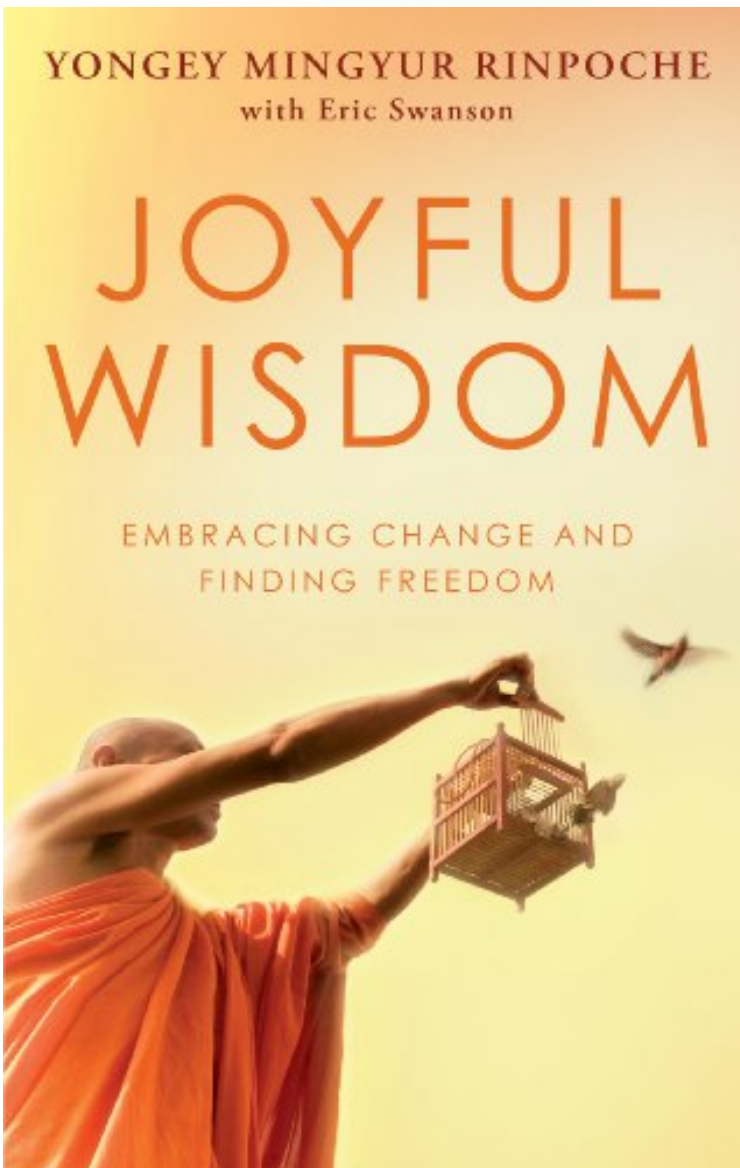


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Joyful Wisdom



Par Yongey Mingyur Rinpoche
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Description :

Prsentation de l'diteurIn 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

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