



KEY TAKEAWAYS FROM THE BOOK

THE BOOK OF JOY

BY HIS HOLINESS THE DALAI LAMA AND
ARCHBISHOP DESMOND TUTU, WITH DOUGLAS ABRAMS

Based on a conversation between the Dalai Lama and Desmond Tutu, *The Book of Joy* is a meditation on how to create lasting joy, on both personal and collective levels.

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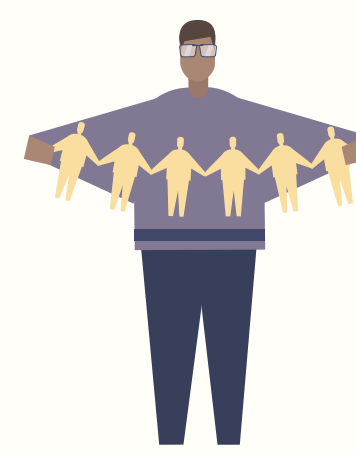
1 Joy is the fundamental essence of all humans



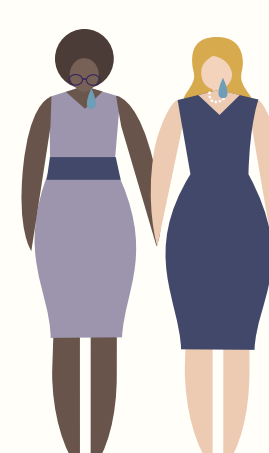
2 Joy can be cultivated and nurtured



3 Compassion is a key component of a joyous mindset



4 Compassion reminds people that all humans are connected



5 Compassion reminds people that all humans experience pain and suffering



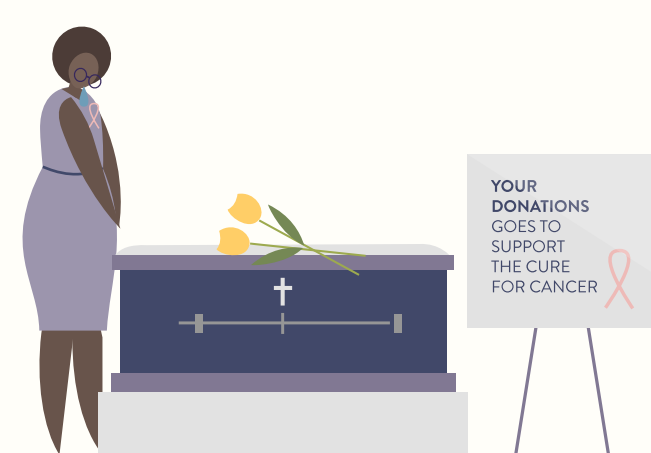
6 Compassion can alleviate others' suffering by helping them realize they're not alone in their pain



7 Mental immunity is having control over one's thoughts and feelings



8 Mental immunity can be developed through self-inquiry and meditation



9 Suffering lessens when a person is able to find meaning in it



10 Finding meaning in suffering can lead to joy



11 Relying on others is another crucial part of cultivating a joyous mindset



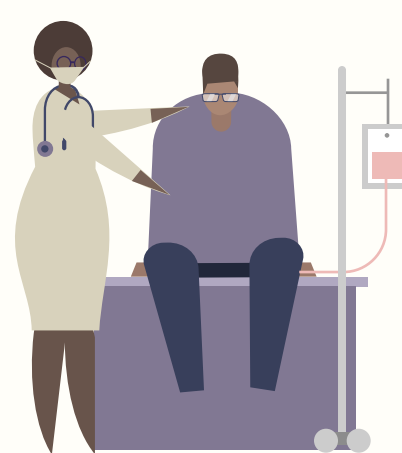
12 Friendship and companionship increase joy



13 Giving to others helps people feel more joyous



14 Developing a positive mindset doesn't mean being passive about suffering in the world



15 It's possible to effect change in the world while maintaining a joyous mindset



16 Forgiveness helps dissolve resentment



17 Forgiveness is an essential step in maintaining lasting joy



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