



The Joy of Living: Unlocking the Secret and Science of Happiness

Yongey Mingyur Rinpoche, Eric Swanson

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An illuminating perspective on the science of meditation—and a handbook for transforming our minds, bodies, and lives

In *The Joy of Living*, world-renowned Buddhist teacher Yongey Mingyur Rinpoche—the “happiest man in the world”—invites us to join him in unlocking the secrets to finding joy and contentment in the everyday. Using the basic meditation practices he provides, we can discover paths through our problems, transforming obstacles into opportunities to recognize the unlimited potential of our own minds.

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