The Invitation to Joy xi Introduction 1

Arrival: We Are Fragile Creatures 15

DAY 1 The Nature of True Joy 39

Why Are You Not Morose? 41

Nothing Beautiful Comes Without Some Suffering 61

Have You Renounced Pleasure? 73

Our Greatest Joy 85

Lunch: The Meeting of Two Mischievous People
Is Wonderful 95

DAYS 2 & 3 The Obstacles to Joy 115

You Are a Masterpiece in the Making 117

Fear, Stress, and Anxiety: I Would Be Very Nervous 133

Frustration and Anger: I Would Shout 145

Sadness and Grief: The Hard Times Knit Us More

Closely Together 157

Despair: The World Is in Such Turmoil 165

Loneliness: No Need for Introduction 179

Envy: That Guy Goes Past Yet Again in His

Mercedes-Benz 193

Suffering and Adversity: Passing through Difficulties 209

Illness and Fear of Death: I Prefer to Go to Hell 231

Meditation: Now I'll Tell You a Secret Thing 249

DAYS 4 & 5 The Eight Pillars of Joy 279

- 1. Perspective: There Are Many Different Angles 281
- 2. Humility: I Tried to Look Humble and Modest 295
- 3. Humor: Laughter, Joking Is Much Better 313

- 4. Acceptance: The Only Place Where Change Can Begin 325
- 5. Forgiveness: Freeing Ourselves from the Past 335
- 6. Gratitude: I Am Fortunate to Be Alive 353
- 7. Compassion: Something We Want to Become 367
- 8. Generosity: We Are Filled with Joy 387

Celebration: Dancing in the Streets of Tibet 409

Departure: A Final Goodbye 431

Joy Practices 455

ACKNOWLEDGMENTS 521