

## **The Book of Joy: Lasting Happiness in a Changing World**

**By Dalai Lama, Desmond Tutu, and Douglass Carlton Abrams**

**A Book Review by Jean Harris**

The Book of Joy is now in our church library. It is a compilation of discussions between the Dalai Lama and South African Archbishop Desmond Tutu (who is one of my personal heroes.) It was on the New York Times bestseller list for many weeks. The main focus is finding your joy even in times of great despair. Your emotional health must be nurtured and cared for just like your physical health. These two people have certainly both overcome times of great despair and even physical danger. The repartee between them is priceless and serves as a guideline for all of us to bring diverse faiths together for the health of the world.

