

WINTER BOOK CLUB

Tuesday, February 19 at noon in room 221

The Book of Joy: Lasting Happiness in a Changing World

By His Holiness the Dalai Lama & Archbishop Desmond Tutu

This is a most unique collaboration between two Nobel Peace Prize Laureates sharing their experiences of joy through all the challenges of life. In the midst of their reflection they are able to teach us how to find the “Joy Practices” that will anchor our own emotional and spiritual lives. Participants will need to get a copy of the book—it is available in printed copy or ebook.