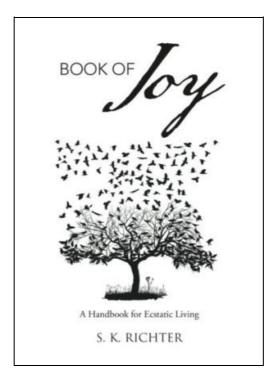
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BOOK OF JOY: A HANDBOOK FOR ECSTATIC LIVING (PAPERBACK)



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Lulu Publishing Services, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Book of Joy aims to bring us back to ecstatic moments. In a world in which we are literally running out of room in every way, this book shows us how to cultivate bliss-inducing spaciousness in our every day affairs. Spaciousness acts as the ultimate gateway to abundance, a super-highway to deep, satiating joy. This book discusses simple ways to create more space in your life. Over 40 exercises are included to help you reclaim the present, create a perfect moment, and gain instant access to the sacred. Like a bright yellow line, this book guides you down the road toward instinctual, primordial pleasure. Too easily we forget who we are, how quickly this life passes by, and what is most important. In the Book of Joy, S. K. Richter offers us pathways to remembering, portals that are shared from the depths of personal exploration and discovery. Each contemplation and exercise opens a door to new possibilities. -Jonathan Foust, Insight Meditation Community, Washington, D.C.



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