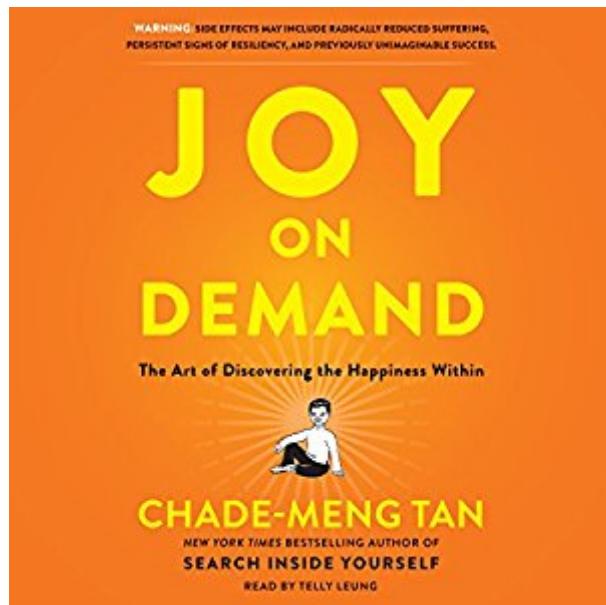


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# Joy On Demand: The Art Of Discovering The Happiness Within



## Synopsis

A long-awaited follow-up to the New York Times best-selling *Search Inside Yourself* shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In *Joy on Demand*, Chade-Meng Tan shows that you don't need to meditate for hours, days, months, or years to achieve lasting joy - you can actually get consistent access to it in as little as 15 seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle and, once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the best-selling author and Google's "Jolly Good Fellow" has developed a program, through "wise laziness", to help listeners meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness) and why joy is the secret to success and demonstrates the practical tools anyone can use to cultivate it on demand.

## Book Information

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## Customer Reviews

I first came across "Joy On Demand" by chance when I walked into Meng's talk at the 2016 Wisdom 2.0 Conference. And boy was I glad! In the space of his short talk, he delivered several simple,

quick, highly effective mini-practices to bring up joy in our lives. The overall framework has three steps: 1. Easing into joy: putting the mind in a restful state such that ease and joy positively reinforce one another. Meditation is the cardinal tool here. 2. Inclining the mind toward joy: noticing and appreciating joy that is already available to us. What's good in your life right now? What suffering is absent? 3. Uplifting the mind: focusing on goodness, generosity, loving-kindness and compassion. The mini-practices are where this book shines. As a meditation teacher, I've noticed that many find the idea of sitting still for 10-20min a day daunting. Well, the mini-practices take just a few seconds, and they can be just as beneficial. Heck, don't take my word for it -- just try these out right now and notice how they make you feel: The "3-breath Exercise" is simplicity itself: take one deep, slow breath while you attend to the breath itself; take another breath to relax the body; and take a third to bring up some joy, perhaps with a little half-smile on your face. Really notice and savor that first bite of food, that first minute in bed, that first minute under the shower. Take 10sec to wish joy for 2 random people. Uplift the mind by thinking of someone uplifting, like the Dalai Lama, Buddha, or Nelson Mandela. The book is lighthearted and easy to read, with many quirky cartoons illustrating Meng's points.

The central thesis of Joy on Demand is that happiness is trainable through skillful meditation. I highly recommend the book because it delivers on the promise of its title by presenting a clear road map of a sequence of practical mind-training steps that help ease people into an introspective journey of discovery. Moreover, the author's trademark humor and humility belie the elegant logic as well as the textual and scientific underpinnings of his research-based findings and experiential observations. I also appreciate the open-mindedness and pragmatism that permeate the book: "[T]he paths are not mutually exclusive . . . The thing about the different paths is that each has its own upsides and downsides, so they work much better for some people than others, depending on goals, inclinations, aptitudes, and life situations. For example, the ease and joy path is good at helping large numbers of ordinary people establish a solid practice." Few have the bandwidth to immerse in intensive studies of ancient texts and erudite treatises that are replete with linguistic and interpretive challenges or to attend lengthy meditation retreats. Because the format and content of this entertainingly engaging book are highly accessible (i.e. do not require elucidation by intermediaries) and the approaches conducive to immediate experimentation (e.g. I tried many of the exercises as I read the book), the author's compassionate intention to "benefit the maximum number of people" is bound to bear fruit.

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