

## Joyful Wisdom Embracing Change And Finding Freedom

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Instead of rejecting them or surrendering to them, we can befriend them, working through them to reach an enduring authentic experience of our inherent wisdom, confidence, clarity, and joy."Divided into three parts like a traditional Buddhist text, Joyful Wisdom identifies the sources of our unease, describes methods of meditation that enable us to transform our experience into deeper insight, and applies these methods to common emotional, physical, and personal problems.

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