



Joy: The Happiness That Comes from Within (Osho Insights for a New Way of Living)

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In this seventh book in the popular *Insights for a New Way of Living* series, Osho examines the nature of joy from a radically different perspective. With an artful mix of compassion and humor, Osho shows us that joy is the essence of life, that even unhappiness has its root in joy. Osho encourages us to accept joy by being grateful to be alive and for the challenges and opportunities in life, and by finding the good in all that we have--rather than setting conditions or demands for happiness. By embracing joy, one comes closer to a true, peaceful, and balanced state.

Joy: The Happiness That Comes From Within includes an original 80-minute talk by Osho on DVD. This visual component enables the reader to experience the direct wisdom and humor of Osho straight from the source.

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