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His new book, Joyful Wisdom, For more information about Yongey Mingyur, his teachings, and his activities around the world, visit www.mingyur.org. Eric Swanson is coauthor of The Joy of Living. A graduate of Yale University and the Juilliard School, he is the author of the novels The Greenhouse Effect and The Boy in the Lake. After converting to Buddhism in 1995, he cowrote Karmapa, The

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Yongey Mingyur Rinpoche, celebrated Tibetan Buddhist master and author of the internationally acclaimed *The Joy of Living*, is deeply versed in the practical and philosophical disciplines of the ancient tradition of Tibetan Buddhism.