

# The Book of Joy

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // Four of the pillars are qualities of the mind: perspective, humility, humor, and acceptance. Four of the pillars are qualities of the heart: forgiveness, gratitude, compassion, and generosity.

QUESTION // Q1. Which of the pillars has contributed most notably to your own personal satisfaction or joy in life?

QUOTE // On perspective as a pillar of joy... "The suffering from a natural disaster we cannot control, but the suffering from our daily disasters we can."

"It is how we face all of the things that seem to be negative in our lives that determines the kind of person we become."

QUESTION // Q2. This concept of being in control of your reaction has been transformational in helping me deal with stress. How else can we use this concept?

QUOTE // On humor as a pillar of joy... "To tease someone is a sign of intimacy and friendship, to know that there is a reservoir of affection from which we all drink as funny and flawed humans."

QUESTION // Q3. We are all flawed. How can we outwardly embrace and leverage this to find more joy?

QUOTE // "It's wonderful to discover that what we want is not actually happiness. Joy is a far greater thing. Exploring joy is nothing less than exploring what makes the human experience satisfying."

QUESTION // Q4. We constantly talk about what makes scrapbooking satisfying to you. There's an element of elegant simplicity in considering that feeling satisfied IS joy. What part of the hobby is the most satisfying to you?

QUOTE // Joy is associated with feelings of pleasure, amusement, contentment, excitement, relief, wonder, bliss, exultation, radiant pride, elevation, and gratitude.

QUESTION // Q5. Which of these feelings do you associate with scrapbooking or the creative process?

QUOTE // On compassion as a pillar of joy...“As we recognize others’ suffering and realize that we are not alone, our pain is lessened.”

QUESTION // Q6. Within our Simple Scrapper community we try to emphasize that the challenges you face are shared by many. What is one common roadblock that’s comforting to know others face?

QUOTE // “When joy arises at the level of your mind and not just your senses, you can maintain a deep sense of satisfaction for a much longer period of time.”

QUESTION // Q7. Might this be why scrapbooking is addictive?

QUOTE // “We are wired to be caring for the other and generous to one another. We shrivel when we are not able to interact. ... The best way to fulfill your wishes, to reach your goals, is to help others, to make more friends.”

QUESTION // Q8. How has being in community helped you find more joy and satisfaction?