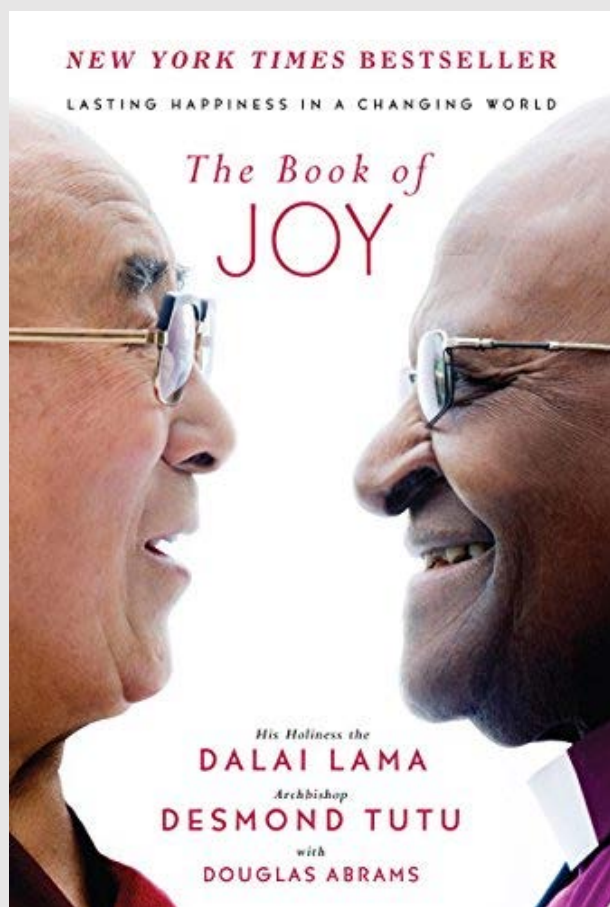


**Millersville University Department of  
Nursing, Xi Chi Chapter, Sigma Theta  
Tau International Book Club Event  
April 22, 2021 6:30 PM (via Zoom)**



**The Book of Joy**  
*Lasting Happiness in a  
Changing World*

by

The Dalai Lama,  
Archbishop Desmond Tutu,  
and Douglas Abrams

After the past year, finding light in the darkest of places is more important than ever. Join the Millersville University Xi Chi-Sigma book club as we discuss the Book of Joy which captures the shared wisdom and insights of two of the world's most influential spiritual leaders and Nobel peace prize award winners. The Book of Joy helps all of us explore how to re-create our lives in more fulfilling ways.

The Dalai Lama and Archbishop Desmond Tutu explain that joy is a state of being, in one's mind and heart, and a by-product of living life in accordance with our values and avoiding unnecessary suffering. The lessons these spiritual leaders provide illustrate how to increase our capacity for joy in the face of adversity by developing qualities of the mind, such as perspective, humility, humor, and acceptance, as well as qualities of the heart, including forgiveness, gratitude, compassion, and generosity. Join us for an inspiring discussion and learn how to experience joy in the midst of tremendous hardship or suffering.

Register for event at: [http://millersville.qualtrics.com/jfe/form/SV\\_bmcaLFvgeG9wige](http://millersville.qualtrics.com/jfe/form/SV_bmcaLFvgeG9wige)