



# Joy on Demand: The Art of Discovering the Happiness Within

*Chade-Meng Tan*

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## Joy on Demand: The Art of Discovering the Happiness Within Chade-Meng Tan

A long-awaited follow-up to the *New York Times* bestselling *Search Inside Yourself* shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena.

In *Joy on Demand*, Chade-Meng Tan shows that you don't need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life.

For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google's "Jolly Good Fellow" has developed a program, through "wise laziness," to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

## Joy on Demand: The Art of Discovering the Happiness Within Details

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## **From Reader Review Joy on Demand: The Art of Discovering the Happiness Within for online ebook**

### **Hilary says**

I appreciated the humour and concrete mindfulness techniques. I would recommend this to people who are interested in mindfulness and cultivating more joy in both their lives and the world.

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### **Marta says**

To truly be finished with the book, I would have had to integrate his learning into my life and I have failed at that so far. However, this is a great introduction into meditation- very encouraging, interesting, personal and fun.

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### **Connie Feng says**

Cool concept that I'd like to learn, but the author spent too much of the book trying to convince us that joy on demand is possible and giving examples of people that have achieved it, and not enough on how to actually do it!

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### **Nachiketas Ramanujam says**

Amazing book as always. Good follow up to the previous one. Slight repetitive but a good refresher none the less.

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### **Diane says**

I don't know if I had a bit of a virus or if this book was just full of highly successful relaxing visualizations and meditations because I fell asleep several times over the course of reading this book. That said, I got a lot out of it and I totally understood the Dalai Lama's last tweet on Twitter. Hi five Lama.

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### **Cara Bradley says**

Loved this delightful read on meditation and why we should do it. I laughed out loud and paused more than a few times to reflect and reread passages. What a refreshing perspective on the powerfully transformative practices of mindfulness, loving kindness and compassion.

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### **Megan Dittrich-Reed says**

I've been redoubling my efforts to manage my anxiety through more natural means as the amount of anti-anxiety meds I was on had me feeling a bit flat and drugged-out. One of the methods I employ for anxiety control is meditation, but I sometimes have trouble finding resources that aren't a bit out there and New Age-y for my taste, or tied to a particular religious tradition. This book was lovely, because although Chade-Meng Tan came to meditation through Buddhism, he takes a very accessible, humorous and step-by-step approach to learning to meditate for joy.

I'm not new to meditation, but I still gained a lot from this book. I loved that he recommended to start with one conscious deep breath every day, because that is something that is possible on my busiest, most stressful days and I've noticed it really does help!

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### **Richard says**

I stumbled on this book through the Shelf Awareness newsletter, and from the write up it looked like something that would interest me and I was not disappointed. This is a great book, part guide, part memoir of Meng's journey and part high-level review of both the origins and the scientific evidence around the practice. Meng's journey is an interesting one, and he is now in the happy position where he counts some of the world's foremost practitioners as friends and teachers.

However, he delivers a clear well-structured book on starting or developing a meditation practice and how to bring it into "off the mat" real life situations. He is clearly knowledgeable and writes from a perspective of what has worked for him and a significant number of those he has taught, but makes no claim that his is the only way of doing things. He is also pretty humorous and does not take himself too seriously. I would definitely recommend this for anyone with even a vague interest in his subject.

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### **Leena S N says**

Another great book on how to calm your mind and bring in compassion through meditation. Lot of good ideas on how to practice "letting go"

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### **Ariane says**

The most impactful book I've read in a long time. A way to start meditating with mindful breaths and attending to joy. I plan on starting it again very soon.

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### **Frank says**

This is probably a better book than it could have been for me. My issue is that Tan is an engineer, and I am the polar opposite of an engineer. Therefore his writing style and voice didn't sync with me as much as it might with other people. Generally a good book on meditation, mindfulness, and joy. I did take some little

gems away from the reading.

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### **Rubina says**

I enjoyed Tan's earlier book, Search Inside Yourself, and so was excited to hear that he had released a new book. To me, Joy on Demand is even better. Maybe it's because as a novice at mediation, Joy on Demand is a wonderful guide on how to access joy from within by training to ease (claiming the mind), incline (learning to be mindful of joy in yourself, your life and the world) and uplift (cultivating loving kindness, compassion and altruistic joy) the mind. Applying these skills can also teach us how to better handle emotional pain and still be able to access joy despite any difficulties we may be having with life. Through practicing Calm-abiding (Samantha), Insight (Vipassana) and Brahmahihara (subline states), we can learn to embody inner peace, inner joy and compassion and reduce suffering.

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### **Allie says**

Books like this are really hard for me to read. If I would've been reading the physical copy, I can all but guarantee I wouldn't have finished it. I think I get into this 'betterment of Allie' attitude, buy/download a book, and then after a few chapters I start talking myself out of it. Fortunately, I listened to parts of this with my 10 year old son, and he wanted to hear more. Good thing!

It's obvious that the author has a completely different mind path than I do, which is good and bad. I really did try to take on his enthusiasm of life, and I've been trying to see things differently. But one thing I don't think I'll ever get past is my relationship with death. In one of his examples of how we can find joy, he said that every morning he tells himself that everyone he sees that day will eventually die -- meaning, be nice while you can. Sorry, but that actually brings me the opposite of joy, and *fast*. I can understand why he would use that example, but my brain doesn't cope with that.

All in all, it was a good book. I learned a few techniques that I've already been using, but I've yet to try meditation. I still think that I'll just fall asleep, although he addressed that in the book, so maybe something stuck in my brain. Hopefully!

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### **Winnie Lim says**

I read this book with a biased mindset: thinking I wouldn't get much out of it since I already knew enough about meditation, and I didn't like how the title sounded. But I was still curious to see how the author approached it. It turned out I enjoyed reading it a lot. Somehow he's able to take something that can be very abstract and use plain language to explain it, with humour to drive home his points. I really appreciated the additional layer of storytelling, research and anecdotes to what I already knew about meditation.

Reading this book has made me enthusiastic about deepening my practice as he was able to illustrate in detail and precision, the benefits of meditation. There is also this persistent ambiguity about meditation because meditation teachers tend to somehow be overly-cryptic and zen, but Meng was able to bring forth clarity by using stories and also by posing his own questions to meditation masters, and then distilling their answers.

I took one star away because I am not sure how I feel about the over-emphasis on joy, or that the mind's

default state is joy. In my opinion peace is what that matters more, and one can be peaceful without joy but with equanimous acceptance.

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## Curiosity says

2rd book by Meng, one of my fav author about meditation. Meng is one of those early Google engineers and NYT bestselling author. He has an interesting way of putting an abstract subject like mediation, mindfulness, emotional intelligence and compassion, and turn them into a practical and measurable practices, and also in a funny way! This book is a step by step on cultivating joy and meditation!

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