

MISSION: JOY

FINDING HAPPINESS
IN TROUBLED TIMES



Logline (29 words)

Deeply moving and laugh-out-loud funny, His Holiness the Dalai Lama and Archbishop Desmond Tutu share science-backed wisdom of how to live with joy in troubled times in *Mission: JOY*.

Synopsis (206 words)

Deeply moving and laugh-out-loud funny, *Mission: JOY* is a documentary with unprecedented access to the unlikely friendship of two international icons who transcend religion: His Holiness the Dalai Lama & Archbishop Tutu. In their final joint mission, these self-described mischievous brothers give a master class in how to create joy in a world that was never easy for them. They offer neuroscience-backed wisdom to help each of us live with more joy, despite circumstances.

Inspired by *New York Times* bestseller *The Book of Joy: Lasting Happiness in a Changing World*, the film showcases the exchange between these two Nobel Peace Prize winners that led to that book. Consisting largely of never before seen footage shot over 5 days at the Dalai Lama's residence in Dharamsala, the film invites viewers to join these luminaries behind the scenes as they recount stories from their lives, each having lived through periods of incredible difficulty and strife.

With genuine affection, mutual respect and a healthy dose of teasing, these unlikely friends impart lessons gleaned from lived experience, ancient traditions, and the latest cutting-edge science regarding how to live with joy in the face of all of life's challenges from the extraordinary to the mundane. *Mission: Joy* is an antidote for the times.

For more information

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