



The Gospel of Happiness: Rediscover Your Faith Through Spiritual Practice and Positive Psychology

Christopher Kaczor

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What is true happiness? How can you experience it? And can you live it wholeheartedly in your day-to-day life? Every thoughtful person asks such questions. Thoughtful Christians ask a few more questions such as, Can Christian practices enhance happiness? If so, how? And does Christianity provide happiness in a way that other paths, like psychology, cannot?

Christopher Kaczor suggests answers to these and other questions about how to be happier. In *The Gospel of Happiness*, the bestselling author of *The Seven Big Myths of the Catholic Church* highlights seven ways in which positive psychology and Christian practice can lead to personal and spiritual transformation. Focusing on empirical findings in positive psychology that point to the wisdom of many Christian practices and teachings, the author provides not only practical suggestions on how to become happier in everyday life but provides insight on how to deepen Christian practice and increase love of God and neighbor in new and bold ways.

“Part of the Christian message is that authentic happiness is to be found not in selfishness, but self-giving,” writes Dr. Kaczor. “In this book, I highlight the many ways in which positive psychology and Christian practice overlap. All of this points us toward deeper fulfillment in this life, and in the life to come.”

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From reader reviews:

Charles Davis:

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the e-book untitled The Gospel of Happiness: Rediscover Your Faith Through Spiritual Practice and Positive Psychology can be very good book to read. May be it can be best activity to you.

David Smith:

Playing with family in a park, coming to see the sea world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Gospel of Happiness: Rediscover Your Faith Through Spiritual Practice and Positive Psychology, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its called reading friends.

Ali Ellison:

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