



# **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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