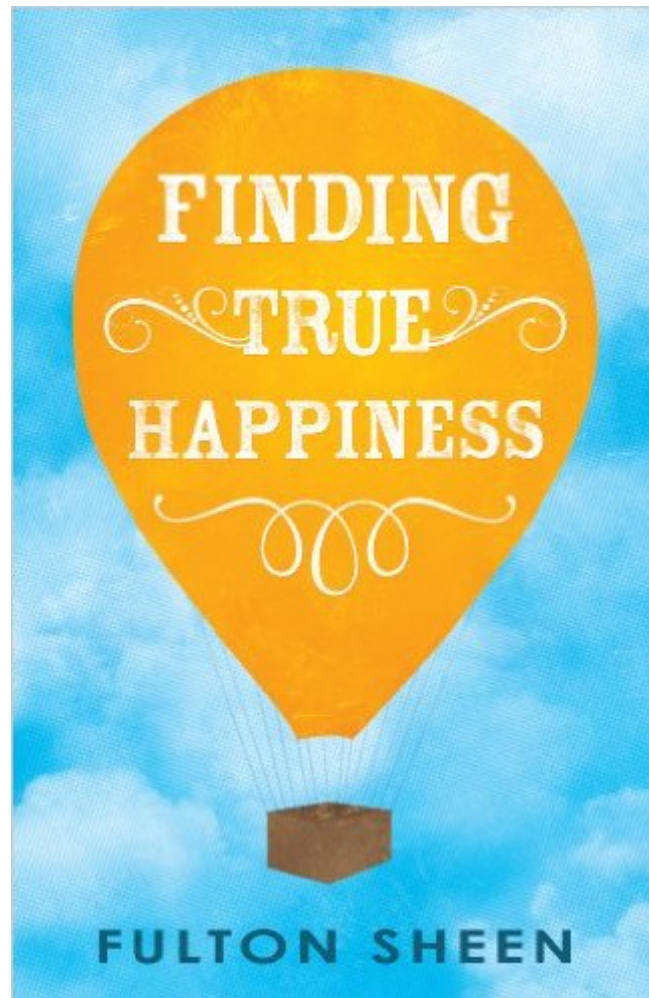


The book was found

Finding True Happiness



Synopsis

Are you perfectly happy, or are you still looking for perfect happiness? Most people are still actively searching for true and lasting happiness, but are looking in the wrong places. It's easy to be misled into believing that happiness is found in money, rank, or renown. While these things are not inherently bad, and can in fact be used to do much good, they will, in the final analysis, not bring a happiness that endures. Once we realize that nothing less than a complete union with God will satisfy our souls, we will not let transitory things distract or disappoint us. This is because then, according to Fulton Sheen, you put no more hope in things than they can bear. You cease looking for first-rate joys where there are only tenth-rate pleasures. In addition to addressing the topic of joy vs. pleasure in *Finding True Happiness*, Fulton Sheen also helps us gain the right perspective on things such as loneliness and the secret of sanctity. This brings us to our ultimate purpose, which is found in God alone. Only by losing oneself in God, will we find our true selves-- and true happiness along with it.

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Customer Reviews

This is an excellent and inspiring book! It's short and organized into quick chapters so that it's easy for the busy person to read a bit each day. The advice, while founded in very deep theology, is simple and practical. This book truly inspires the reader to focus on what is important in life, to put one's life in order, and to know that happiness and peace are within reach of everyone. I highly recommend it for people of all ages. It's an excellent book to read on your own, or to work on in a group study.

Another great, short book from Bishop Sheen. I enjoy his thoughts on what makes a person happy.

Excellent collection of Fulton Sheen writings. I used this book in prayer at Church. Each week I would read a different chapter. Excellent meditation starter. I love Fulton Sheen's writing style!

This was a Very Inspiring & Reflective Book

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