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## **Finding True Happiness: Satisfying Our Restless Hearts** (Happiness, Suffering, and Transcendence-Book 1)

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37 of 38 review helpful A masterwork By KEITH KELLEY This book appeals on so many levels I have read a number of books about happiness understand and appreciate well argued philosophy and have read numerous religious texts I have enjoyed many of each kind but have never found a single source that combines the best of each The author is both highly literate and highly spiritual Besides bringin One of the hottest topics in contemporary culture is happiness The explanation for this current fixation seems to lie in the contrary phenomenon unhappiness Despite the fact that we have tremendous access to every imaginable form of entertainment we experience a pervading sense of insecurity emptiness and malaise amid sporadic peak experiences Finding True Happiness is available to us it is always a choice In our culture riddled with cynicism nihilism envy and anger recognizing that this choice exists is difficult With reason with the logic of both the mind and the heart Robe

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