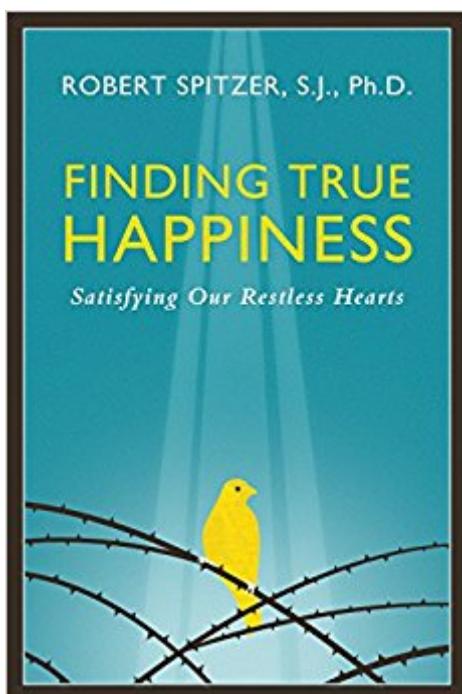


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# Finding True Happiness: Satisfying Our Restless Hearts (Happiness, Suffering, And Transcendence-Book 1)



## Synopsis

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* attempts to provide a way out of this personal and cultural vacuum by helping people to identify and then reach for happiness. As Aristotle noted 2,400 years ago, happiness is the one thing we can choose for its own sake everything else is chosen for the sake of happiness. After an exhaustive investigation of philosophical, psychological, and theological systems of happiness, Fr. Spitzer developed the Four Levels of Happiness, which he based on the classical thinkers Plato, Aristotle, Augustine, and Aquinas; the contemporary philosophers Marcel, Scheler, Buber, Ricoeur, and Jaspers; and the modern psychologists Maslow, Frankl, Erikson, Seligman, Kohlberg, and Gilligan. *Finding True Happiness* is both a philosophical itinerary and a practical guidebook for life's most important journey from the mundane and the meaningless to transcendent fulfillment. No other book currently available combines such breadth of practical advice and such depth of philosophical, psychological, and spiritual wisdom. "One of the most dangerous and destructive illusions of the modern era is the notion that individuals are entirely free to choose what will make them happy. Fr. Spitzer shows that there is a genuinely objective dimension to human happiness, and that some approaches to life are simply incapable of actually bringing about the happiness that human beings desire. He offers a timely explanation of the routes that are really productive of fulfillment and true happiness." - Fr. Joseph Koterski, S.J., Professor of Philosophy, Fordham University "All who are interested in true happiness and finding it will find this book a very valuable contribution to their search. Spitzer identifies many practical steps for finding the happiness that so many find illusive. I especially admired his rationale for the validity and importance of his highest level of happiness, that which is found in our experience of the transcendent. I recommend that all examine his brilliant summary of evidence for transcendence --and for its fundamental contribution to happiness. This is a book to read and ponder." - Paul Vitz, Ph. D., Institute for the Psychological Sciences

## Book Information

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## Customer Reviews

Even in the darkest hours, 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, Robert Spitzer not only convinces us that happiness is within everyone's grasp but also shows us how to seize it. This is an intelligent, warm, and life-changing book. --Dean Koontz, N Y Times #1 Best-selling AuthorHow refreshing to hear from a mind like Fr. Robert Spitzer on the topic of happiness. Too often, books in this genre offer platitudinous advice that is only an inch deep. In refreshing contrast, Fr. Spitzer offers us a meaty book that dives deep into history, philosophy, and science to provide answers that truly satisfy.

--Jennifer Fulwiler, Author, Something Other Than GodFr. Spitzer is a fine guide to the one thing that every human being in the world is seeking: happiness. Read this book and grow wiser in the things of the Spirit. --Mark P. Shea, Author, By What Authority?

Robert J. Spitzer, S.J., Ph.D. is the former president of Gonzaga University and the founder of the Magis Institute, which educates the public about the relationship between physics, philosophy, reason, and faith. He is the chief education officer of the Ethics and Performance Institute, which delivers web-based ethics education to corporations and individuals, and President of the Spitzer Center of Ethical Leadership, which delivers similar curricula to non-profit organizations. He is the author of Healing the Culture, Five Pillars of the Spiritual Life, and Ten Universal Principles.

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 bringing his enormous gifts and learning to this

undertaking, he shares his personal intellectual and spiritual journey, together with the significant challenges he has faced and overcome. There are so many insights, that I intend to read it again; indeed, this book is one where there is much to absorb and ponder.

St. Francis de Sales made history when he wrote *Introduction to the Devout Life*, by making spiritual growth accessible and attractive to people of his time. Robert Spitzer has achieved something similar in this book. He addresses the audience of intelligent and "spiritual but not religious" people of the present culture and re-introduces Catholic spirituality in a way that is both faithful and winsome. In short, he speaks the gospel in the language of people today. As a priest of 27 years, I have read this book, derived much personal profit from it, and have decided to put its recommendations into practice. The lessons of this book need to be widely spread.

Best of the best ever, psychology, theology, philosophy. Scholarship anyone will respect.

Having really enjoyed Spitzer's shows, more recently, Spitzer's Universe, I am glad I purchased this book. It's uplifting, includes science and philosophy and I enjoy the discussions of near death experiences. It seems clear to me that there is a part of us that "persists", some energy source that is not destructible after people die. But I still have times of doubt, so this, and his TV shows, are helpful to me, at those times. If you are religious or not, and wonder about our souls or spirits, and questions of an afterlife, etc., this is a good start. I'm not good at philosophy, but enjoy his discussions, and analysis. Especially with the TV series, and his magis website. Recommended.

This is an excellent book for someone who is struggling with the problem of believing in God, but even more for a person whose faith needs to be "consolidated" in one broad perspective that addresses not only our intellect, but our hearts and the way we live our lives. I would give it five stars, but it is a little repetitive. Nonetheless, some repetition is necessary in order both to make sure important points are reinforced, and to show the reader how the various aspects fit together and mutually reinforce one another. Fr. Spitzer writes with great intelligence and clarity. Even more importantly, he writes as someone who lives his faith, and is profoundly moved to help others enter into the joy that faith gives him.

This book is one of the BEST books I have read that blends both spirituality and science to explain the human heart to strive for happiness and HOW ultimate happiness we all are yearning can be

achieved I only wished I had this book to read when I was in my 20's and struggling with this. Thank you Father Spitzer for sharing your your powerful spiritual and intellectual insights with us. It will change the lives of many!

I was really interested in this after hearing Bishop Barron talk about Father Spitzer's books. I think the topic is great and he has lots of good insight. I particularly learned more about God the Father from this book. I have to say, I wanted to love this book but I really had to force myself to get through it. I find Father Spitzer is quite repetitive...I think it's the scientist in him wanting to make sure he describes things completely. I think he could have said the same thing in 1/3 the pages if he edited it down and I think it would be a more enjoyable read.

This is a great book! don't let its academic style put you off.

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