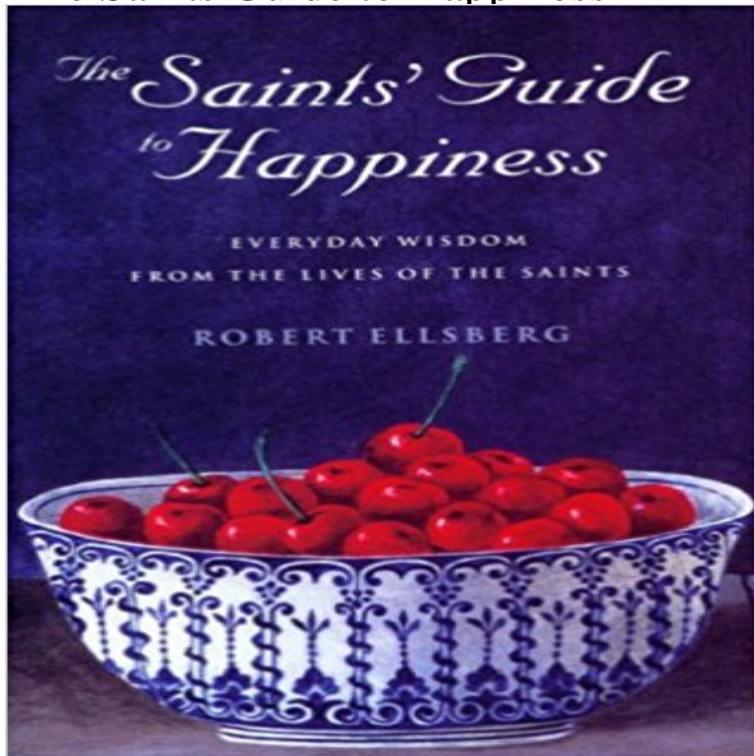


The Saints Guide to Happiness



Deep in the heart of every person there is a longing for happiness. But what is happiness, and how might we find it? Countless books send us searching for the answer in a wide variety of different places: through personal relationships, career success, physical fitness, beauty, weight, diet and the like. Robert Ellsberg suggests that we begin somewhere else: with our selves, exactly as we are and where we are, in the midst of our everyday life. He shows how happiness is found not through the struggle to escape from this life into another one but in the way we deal with the basic things - work, love, suffering, and death. Ellsberg draws inspiration from the great figures in the Christian tradition, from famous saints such as Francis of Assisi and Teresa of Avila, to remarkable men and women that he has known and worked with, such as Henri Nouwen and Dorothy Day.

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