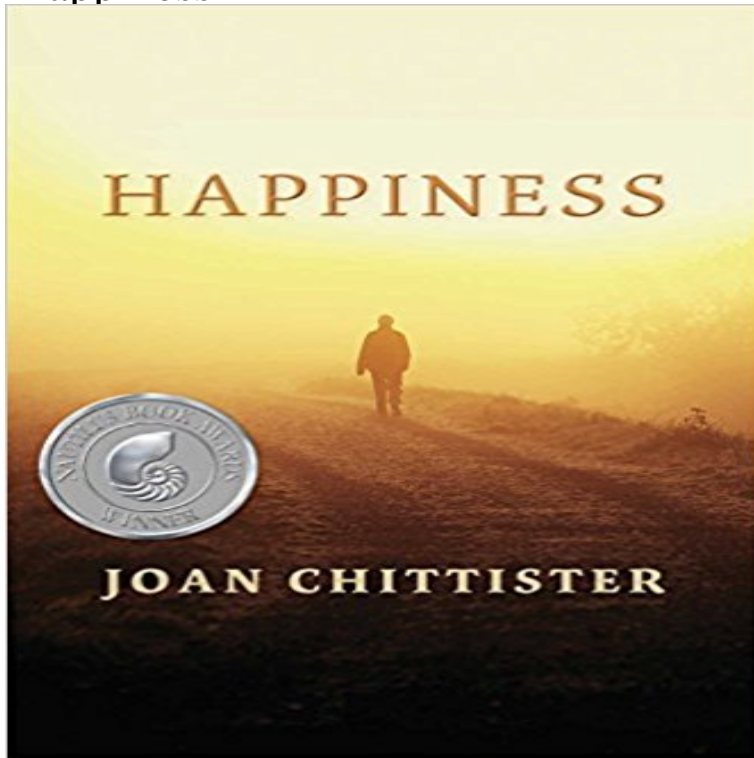


# Happiness



Everyone longs to be happy, yet many wrongly believe that happiness comes from having enough money, fame, personal comfort, worldly success, or even dumb luck. Happiness all too often seems to be an elusive, arbitrary thing -- something that is always just out of reach. Joan Chittister sees happiness differently -- as a personal quality to be learned, mastered, and fearlessly wielded. In *Happiness* she embarks on a great happiness dig through sociology, biology, neurology, psychology, philosophy, history, and world religions to develop an archaeology of happiness. Sifting through the wisdom of the ages, Chittister offers inspiring insights that will help seekers everywhere cultivate true and lasting happiness within.

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