



## Finding Happiness: Monastic Steps For A Fulfilling Life (Paperback)

By Fr. Christopher Jamison

Orion Publishing Co, United Kingdom, 2009. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Abbot Christopher Jamison from hit TV series THE MONASTERY, turns his attention to the eternal questions of how to be happy, and why we believe it is so important. Why is being happy such an imperative nowadays? What meaning do people give happiness? In this book Abbot Christopher turns to monastic wisdom to offer answers, and to explain that in essence, happiness is a gift, not an achievement, the fruit of giving and receiving blessings. Following the same accessible and engaging format of FINDING SANCTUARY, Abbot Christopher takes different aspects of happiness, examines them, tells us what monastic wisdom has to say about them, and offers us steps towards our own journey to finding happiness.

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