

Lost Virtue of Happiness: Discovering the Disciplines of the Good Life

By J. P. Moreland, Klaus Issler



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We are only happy when we pursue a transcendent purpose, something larger than ourselves. This pursuit involves a deeply meaningful relationship with God by committed participation in the spiritual disciplines. The Lost Virtue of Happiness takes a fresh, meaningful look at the spiritual disciplines, offering concrete examples of ways you can make them practical and life-transforming.



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Sales Rank: #147807 in BooksBrand: Tyndale Print On Demand

Published on: 2006-01-17Released on: 2006-01-17Original language: English

• Number of items: 1

• Dimensions: 8.31" h x .56" w x 5.50" l, .55 pounds

• Binding: Paperback

• 224 pages

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Editorial Review

From Publishers Weekly

Starting from the American "pursuit of happiness," Moreland (a philosophy professor at Talbot School of Theology, Biola University) and Issler (a Christian education and theology professor, also at Talbot) connect with a widely felt desire. Yet they immediately take readers into deeper reflection of the very content of the happiness we pursue, arguing that our consumerist culture has replaced the more satisfying content of true happiness with a poor substitute. Moving smoothly into a discussion of discipleship, they focus on spiritual disciplines as the key to true happiness in life. Subsequent chapters explore how the spiritual disciplines can be used to improve many areas of our lives—emotions, thoughts, risk taking and the development of a more mature faith during difficult times. They end with a convincing chapter on the importance of spiritual friendships. Although exploring some deep topics, this will still be accessible to most readers and very useful for study groups, particularly with the excellent discussion questions at the end of each chapter. The practical suggestions and creative exercises throughout will be particularly helpful for those new to spiritual disciplines. (Feb.)

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From the Back Cover

Even in an age of instant gratification, life's best takes time and effort. What is happiness? The immediate gratification of our physical and emotional desires? A sense of satisfaction brought about through consumerism or other promises of short-term enjoyment? Our twenty-first-century views of happiness are not what the writers of the Bible had in mind. Nor is it what the ancient Greeks or the drafters of the Declaration of Independence envisioned. Such false ideas of happiness always leave us empty chasing the selfish and superficial. Authors J. P. Moreland and Klaus Issler illustrate how we are only happy when we pursue a transcendent purpose-something larger than ourselves. This pursuit involves a deeply meaningful relationship with God through a selfless preoccupation with the spiritual disciplines. The Lost Virtue of Happiness takes a fresh, meaningful look at the spiritual disciplines, offering concrete examples of ways you can make them practical and life-transforming.

About the Author

Dr. J. P. Moreland is professor of philosophy at Talbot School of Theology, Biola University. He is the author of several books, including Love Your God with All Your Mind.

Dr. Klaus Issler is professor of Christian education and theology at Talbot School of Theology. Among his books are Wasting Time with God and How We Learn.

Users Review

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Jessie Henricks:

As people who live in the modest era should be revise about what going on or data even knowledge to make these individuals keep up with the era which can be always change and move forward. Some of you maybe will update themselves by studying books. It is a good choice for you but the problems coming to you

actually is you don't know which you should start with. This Lost Virtue of Happiness: Discovering the Disciplines of the Good Life is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

William Burmeister:

Lost Virtue of Happiness: Discovering the Disciplines of the Good Life can be one of your basic books that are good idea. We all recommend that straight away because this reserve has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing Lost Virtue of Happiness: Discovering the Disciplines of the Good Life nevertheless doesn't forget the main stage, giving the reader the hottest as well as based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into fresh stage of crucial thinking.

Scott Harrington:

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Danica Johnson:

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