

CONTENTS

<i>Preface</i>	ix
Introduction	1
1. Created to be Happy	3
2. What Makes Us Unhappy	11
3. Ways to True Happiness	18
4. The Anatomy of Happiness	78
5. To be Holy is to be Happy	89
6. The Evangelizing Power of Happiness	97
7. Fruits of Happiness	104
Conclusion	115