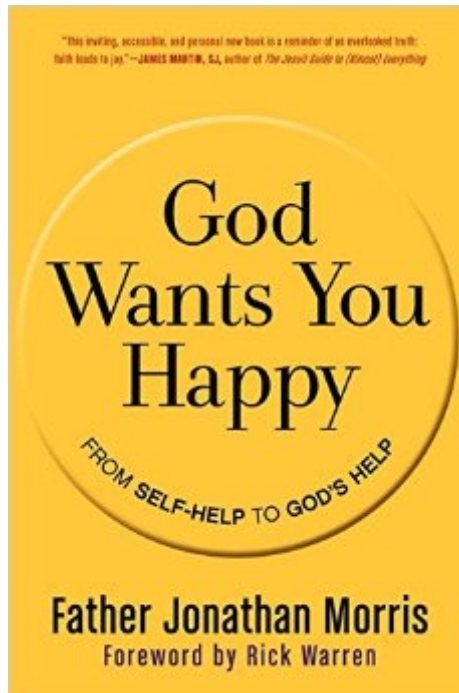


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# God Wants You Happy: From Self-Help To God's Help



## Synopsis

"Inviting, accessible and personal. . . . A reminder of an overlooked truth: faith leads to joy." — James Martin, SJ, author of *The Jesuit Guide to (Almost) Everything* Fox News analyst Father Jonathan Morris challenges the wisdom espoused by New Age self-help experts with the time-tested counsel found in the Bible. Readers who may have sought solace in popular self-help books like Eckart Tolle's *A New Earth*, Rhonda Byrne's *The Secret*, or Deepak Chopra's *The Seven Spiritual Laws of Success* will be enthralled by Morris's moving argument about the enduring spiritual succor awaiting in Scripture.

## Book Information

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## Customer Reviews

"God Wants You Happy" finds you where you are and tugs you gently back to where you need to be. For anyone who finds relief in the wrong things -- be it compulsive shopping, a workaholic, alcohol, drugs, worrying, self-absorption... etc. etc. -- this book guides us through a spiritual plan on how to connect self help to God's help in six defined steps. Not preachy, but written with a warmth and conviction that leaves us convinced that God loves us unconditionally in every aspect of our lives. Father Morris helps us to open our minds and hearts to the true meaning of Sacred Scripture and Jesus' message -- "to love one another as I have loved you" aligning our will to God's will -- thus becoming open to receive the grace and profound happiness that God is waiting to give us...if we let Him.

My husband bought me this book because 1) He knew how much I respect Father Morris even

though I am not Catholic, and 2) Because of my rejection-filled past from family and subsequent battle with depression. I read this book slowly so as to grasp each point. My husband asked what was taking me so long...this book is to be savored, to be chewed over, to be read with an open heart. If you skim over it then you have missed it all. I have cried tears of relief and revelation that the answers are actually there for me to find on how to love and to be loved. Understanding for the first time my actions and reactions towards situations and people. My husband loves me dearly, but I have always had a difficult time believing it. For the first time I am "getting" it. My Father in Heaven loves me. I have said it all my life...but now I know it. It takes faith and a longing to WANT to be better to read this message. It takes an understanding that you need help to move forward with a better perspective than the one you have drug around all this time. This book, I believe, was written with the Love of God inking out through Father Morris' fingers. Thank you, God, for that faithful servant! I am moving forward!

In the book of John in the New Testament, Jesus says, "I came that they may have life and have it abundantly" (John 10:10). In a culture dominated by self-actualization, pseudo-spirituality, and chronic selfishness, Father Jonathan Morris offers a better (and more biblical) way of "being happy" than the scores of self-help books that promise readers a better life (A BETTER YOU!). Father Morris makes a distinction between mere self-help and God-help, yet understands that they are intimately connected. He writes, "Genuine human flourishing ... almost always has something to do with our good choices (positive self-help) and always has everything to do with God's grace (God-help). Any effort to divorce one from the other is a dangerous detour into philosophical narcissism (pursuing self-help without recognition of God) or religious irrationalism (expecting God to do what he wants us to do for ourselves)." This book is divided into two main sections: the Problem and the Solution. The problem, of course, is thinking that a person can ever be truly "happy" separated from his or her Creator. The solution is submitting oneself to his or her Creator and resting in His faithfulness, which alone can produce lasting joy. Happiness then is a by-product of a life with God, and living a life of "faith, hope and love". Father Morris notes, "Authentic happiness is unearthed first by discovering who we are within a universe whose existence is explicable only by the existence of an eternal Creator; happiness is then cultivated as we build a relationship with that Creator, as his son or daughter dearly loved by him." In an interview with Glenn Beck, Morris adds, "If we start thinking that, in ourselves, we can find our own happiness completely separated from a loving God and Father and Friend then I think we're going to go down a road that is ultimately self-destructive and deceiving." This book is a helpful encouragement and

correction for those stuck in a constant cycle of struggle/frustration/depression/self-help/struggle/frustration/depression. Father Morris, pointing to Jesus Christ, offers true Shalom, which cannot ultimately be found from within (self) but from without (in God). Morris notes that in even dark and confusing seasons, God is not absent or unaware. There is purpose in trials and an understanding of (and trust in) God's promises provides "happiness" in spite of a person's current circumstances. The Westminster Shorter Catechism asks, "What is the chief end of man? Answer: "The chief end of man is to glorify God and to enjoy him forever." As a Reformed Baptist, I disagree with Morris' theology at various points, yet I commend his overall thesis (and argument): God wants you happy.

This was a really great book!! I'm Baptist and he is Catholic but I didn't see any differences between what we both believed. Father Jonathan is down-to-earth in his writing and quotes scripture to back it up. I highly recommend this book.

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