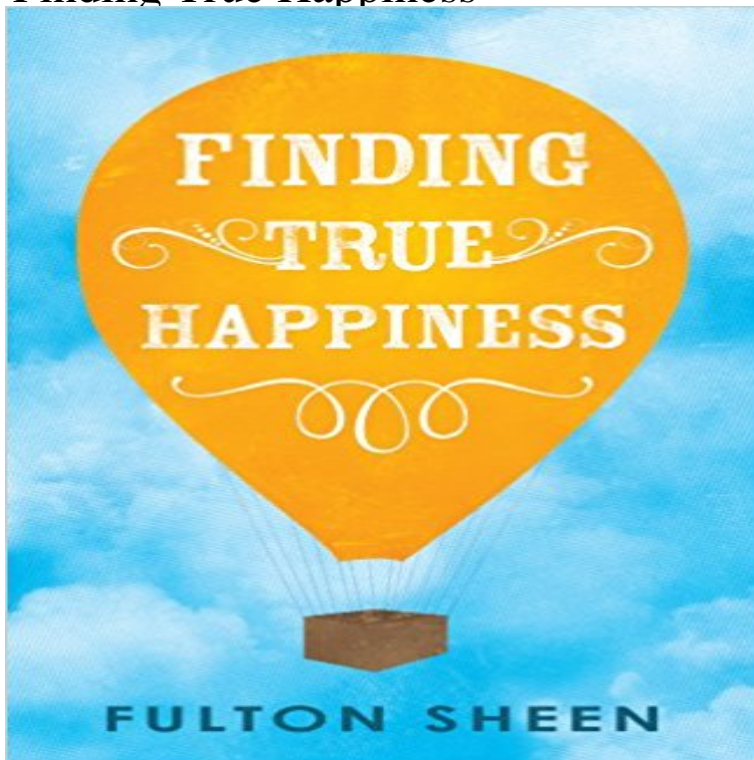


Finding True Happiness



Are you perfectly happy, or are you still looking for perfect happiness? Most people are still actively searching for true and lasting happiness, but are looking in the wrong places. It's easy to be misled into believing that happiness is found in money, rank, or renown. While these things are not inherently bad, and can in fact be used to do much good, they will, in the final analysis, not bring a happiness that endures. Once we realize that nothing less than a complete union with God will satisfy our souls, we will not let transitory things distract or disappoint us. This is because then, according to Fulton Sheen, you put no more hope in things than they can bear. You cease looking for first-rate joys where there are only tenth-rate pleasures. In addition to addressing the topic of joy vs. pleasure in *Finding True Happiness*, Fulton Sheen also helps us gain the right perspective on things such as loneliness and the secret of sanctity. This brings us to our ultimate purpose, which is found in God alone. Only by losing oneself in God, will we find our true selves-- and true happiness along with it.

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