



In the Spirit of Happiness

The Monks of New Skete

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The Monks of New Skete, best known for their popular dog-training guides, have compiled this book in the hope that people everywhere will achieve a "deep and lasting interior peace". Here, they offer thoughtful, down-to-earth advice on the tenets of happiness: prayer, compassion, meditation, discipline, reflection, and more. They also give readers a rare glimpse into monastic lifestyle and what it means to be a monk. Filled with valuable suggestions and warm anecdotes, "In the Spirit of Happiness" is an uplifting exploration of all the joy life has to offer.

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