



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

*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 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.

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