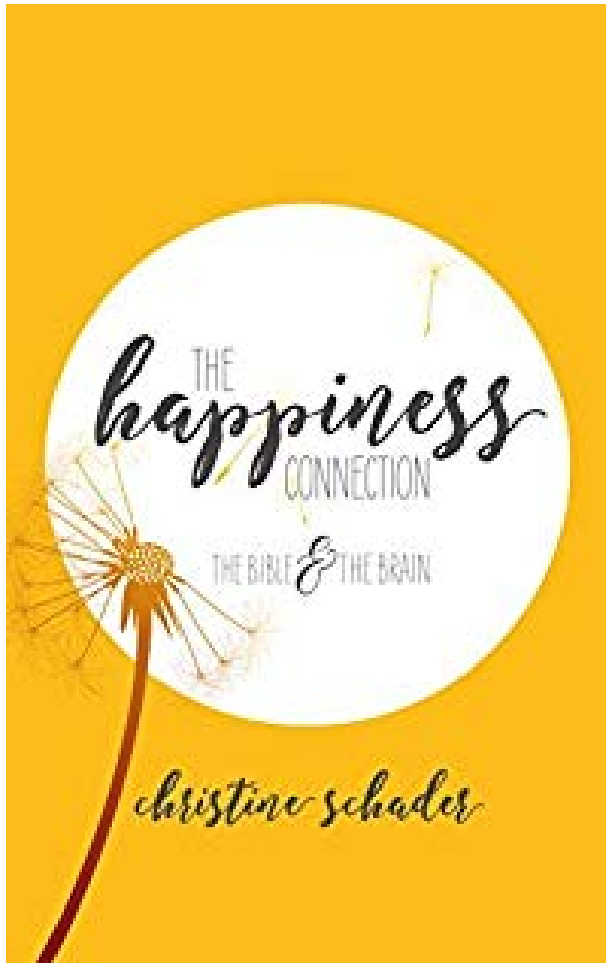


# The Happiness Connection: The Bible & The Brain



<b>Published:</b>	September 2nd 2017
<b>Pages:</b>	85
<b>Author:</b>	Christine Schader
<b>Goodreads Rating:</b>	5.00
<b>ASIN</b>	B075C5L7VD

[The Happiness Connection: The Bible & The Brain.pdf](#)

[The Happiness Connection: The Bible & The Brain.epub](#)

The potential for happiness is all around us, yet it eludes so many. To share in God's joy, sometimes it's important to slow down and focus on the things in our lives that really matter. With an approach that is at once both spiritual and scientific, author Christine Schader offers poignant suggestions and provides practical exercises on how to focus on what makes you happy. In *The Happiness Connection*, Christine argues that happiness isn't the sum of all the things in your life-in fact, your circumstances and belongings account for very little of your happiness. Most of your happiness depends on your outlook, however, this is not about being positive all the time. **YOU ARE ENOUGH!** You are whole, complete and perfect just as you are. Being human means living and experiencing a wide range of emotions and thoughts. By better understanding the science behind happiness, as well as its spiritual component, you'll find yourself much closer to true happiness. Christine analyzes the Bible's commentary on positive psychology, neuroscience, well-being, and the law of attraction. In these matters-as in so many others-the Bible was, as always, insightful and ahead of its time.