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ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves . . . and how to start choosing happiness again. Resisting Happiness will inspire you to break through resistance so you can become the-best-version-of-yourself® and start living with passion and purpose.

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When we resist happiness, we resist God and the-very-best-version-of-ourselves. Resist our very truest selves. Place a barrier between ourselves and God, a barrier between ourselves and the incredible people God created us to be, a barrier between ourselves and the

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wonderful life God dreamed for us
before we were in our mothers' wombs.

Resisting Happiness by Matthew Kelly Section 1: Something ...

Resisting Happiness will inspire you to
break through resistance so you can
become the-best-version-of-yourself and
start living with passion and purpose.

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We hope you enjoy Resisting Happiness, and we pray this study guide is a useful resource for your spiritual journey. May God bless you and bring you closer to him each day,

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Resisting happiness summary – You

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can't put a price on happiness. Like the best things in life, it's free. But that doesn't mean you don't have to work to find it. So where do you start looking?

Resisting happiness summary | Matthew Kelly | 10-Minute ...

In chapter two of Resisting Happiness, the author asks us to give ourselves a

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happiness score between 1 and 10 over the past three months. What score would you give yourself? 3. Lent is a great time to take a step back and look at our lives.

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Resisting Happiness (2016) is a probing exploration of the reasons we sabotage our own happiness. Drawing on author Matthew Kelly's deep well of personal experiences, it's a profound and personal guide to leading a happier and more meaningful life.

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Resisting Happiness by Matthew Kelly - Blinkist

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sabotage our own happiness and what to do about it. Are you overwhelmed? Do you procrastinate?

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Resisting Happiness is a true story about Matthew Kelly's discovery of why we sabotage ourselves. Most of the time, we tend to feel overwhelmed, set aside our

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dreams, and lack the courage to be ourselves. However, in this book, Kelly helps us find out how to stop resisting happiness and start choosing it again.

Resisting Happiness By Matthew Kelly - Book Review

“No one person can satisfy our immense desire for happiness. And it is not fair to

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attach that hope to any one person. So many relationships have died under the weight of this misplaced expectation.” — Matthew Kelly, *Resisting Happiness*

Resisting Happiness Quotes by Matthew Kelly

Matthew's newest book, *Resisting Happiness* (Dynamic Catholic, 2016), has

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that same goal. Like Pressfield, Matthew reveals the main foe standing between us and happiness. We know the things that make us happy, but we don't do them.

Resisting Happiness: An Interview with Matthew Kelly

The "Resisting Happiness" is a great

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overview of overcoming resistance to change, great for anyone semi-interested in the spiritual life and useful to keep on track for those on the path of the spiritual life. Description of Resisting Happiness by Matthew Kelly PDF

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