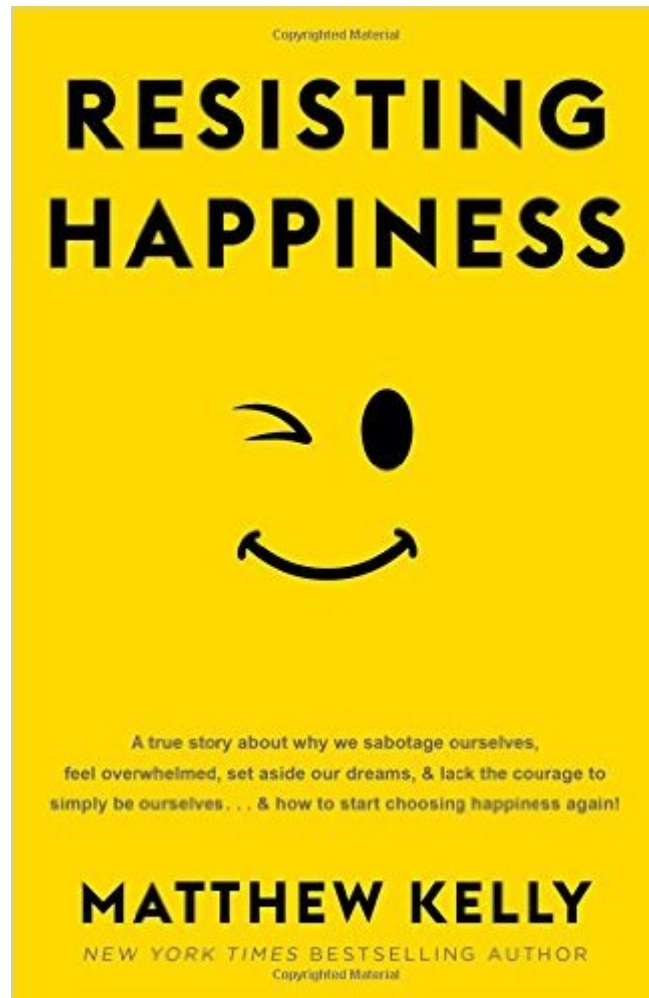


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# Resisting Happiness



## Synopsis

A true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves... and how to start choosing happiness again! Are you happy? It may be the wrong question. Most of us think we are relatively happy, while at the same time knowing that we could be happier -- maybe even a lot happier. Ordinary people and the finest philosophers have been exploring the question of happiness for thousands of years, and theories abound. But this is not a book of theory. *Resisting Happiness* is a deeply personal, disarmingly transparent look at why we sabotage our own happiness and what to do about it. Are you overwhelmed? Do you procrastinate? Do you sometimes feel like you are your own worst enemy? Are you ignoring your dreams? Have you lost the courage to truly be yourself? Do you feel that your life lacks meaning and purpose? Do you find yourself avoiding the real issues in your life and focusing on the superficial? We all experience these feelings and doubts from time to time. But do you know what to do when you experience them? In this fascinating book, Matthew Kelly, uses his signature combination of the profound and the practical, to help us understand why we feel these things and how to rise above them. Breaking through resistance, Kelly tells us, is essential to becoming the-best-version-of-ourselves and living with passion and purpose. What is resistance? It's that sluggish feeling of not wanting to do something that you know is good for you. It's the inclination to do something that you unabashedly know is not good for you. It's the desire and tendency to delay something you should be doing right now. It is resistance that stands between you and happiness. In these pages you will learn not only what it is, but how to recognize and conquer it in your own life.

## Book Information

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## Customer Reviews

The subtitle of this book is "A True Story about Why We Sabotage Ourselves, Feel Overwhelmed, Set Aside Our Dreams, and Lack the Courage to Simply Be Ourselves... and How to Start Choosing Happiness Again" and that is quite a mouthful. But having read a number of Matthew Kelly's books over the last few years I was very excited to read this one. I must admit I read this book while rereading Rediscover Jesus, I read it through once and could not put it down, and am now reading it through a chapter a day. It was very interesting reading these two books in parallel. Matthew Kelly states in the introduction that this book is the most personal book that he has written to date. Having read a number of the others I completely agree. He has opened up and been transparent about his own faith journey, his successes, growth and failures. He is teaching by example, his example. And what a brave, courageous and motivating example it is. Matthew also shares a number of stories that he has shared before. But this is the most exhaustive collection of them, and some of them go into more details or extended versions of the stories. So this book is part autobiography, part spiritual history and part a guidebook for those of us who wish to grow in the Christian life. Matthew states in the introduction: "The hardest war to win is one you don't even realize you are fighting, and the hardest enemy to defeat is the one you don't even know exists. Every day you are at war with resistance." And he goes on from there to show us this pattern from his own life. And like many of Kelly's other writings the focus is not on him but on God, and our relationship with God, "When I did something that I knew was God's will, something that would clearly help me become a-better-version-of-myself, I was filled with joy. When I did something that I knew was wrong or was clearly not good for me, that joy began to evaporate." And is that not what Jesus promised in Matthew 5:6 'For the thief comes to steal, kill and destroy, but I have come that you might have life and have it abundantly.' How many of us would say we are truly living the abundant life? That we are living from a place of Joy? Kelly also declares "It is clear that God does not want us to be negative thinkers. But he also doesn't want our thinking to be neutral. He wants us to be positive thinkers on an epic scale." Would you say you are living that way? If not this book might open your eyes and your heart to following the Holy Spirit more. In speaking specifically about parenting and working with children Kelly says "I suppose we all need a chance to get outside ourselves and serve other people. It seems the earlier in life we get this chance in a real and tangible way- a chance to serve others, know that we have worth, discover our innate ability to make a difference in other people's lives- the better off we are." And I think about my own children and How I want them to

learn to live to become the best version of themselves. We regularly read Kelly's *Why Am I Here* as a family, and my children often talk about decisions that help them or hinder them from being that best version of themselves. But by growing in it from the learning in this book, hopefully and prayerfully I can be a better example. One of the key takeaways I got from reading this book was about self-discipline, even self-discipline in the little things. Matthew says "These realizations about denying ourselves, self-control, delayed gratification, and fasting are not new. They are wrapped up in two thousand years of Catholic genius. Saint Augustine wrote, "Conquer yourself and the world lies at your feet." And learning from his examples we can start small and build to bigger disciplines. But on that same note Kelly says if we are striving to grow in discipline we will also experience greater resistance "Resistance hates discipline. It hates self-control. Resistance abhors delayed gratification and any type of self-denial that makes your heart, mind, and soul strong." He also advises us that if we want to see change we need to be part of making that change happen. "If you want to be part of an excellent parish, stop waiting for someone else to make it one. Get involved and make it an excellent parish. Resistance encourages us to take it easy and settle for mediocrity. But God created us for happiness, and he fills us with great joy as we strive for excellence, especially in the spiritual life." Matthew insists: "God wants you to live an excellent life. In that quest for excellence you will find a rare happiness." He also stresses the importance of being gentle with ourselves as part of the process. "One of the most important reasons to be gentle with ourselves is because if we cannot forgive ourselves, we will struggle to forgive others. And if we cannot forgive ourselves or others, we will resist even God's forgiveness. When we are gentle with ourselves, when we are patient with ourselves, we develop awareness, and awareness breeds compassion. And every person who ever crosses your path needs a little compassion." And also "Be gentle with yourself, be gentle with others, and never stop striving to be all that God created you to be: the-very-best-version-of-yourself." And again he always cycles back to being who God calls us to be. He says "God designed human beings for specific purposes. When we stray from them, things tend to go wrong and we start to feel dissatisfied at best and miserable at worst. You were made for mission. You will never have lasting happiness until you realize this and act on it." This book was an excellent read, and I know already that I will read it again soon. Matthew draws examples from his own life and a few examples from outside his life. Each chapter has a main teaching followed by a reminder of the Key Point and Action Step at the end of the chapter. This is a great read and it will inspire you. On a side note I am still waiting in anticipation for *The Narrow Path* that Dynamic Catholic promoted for almost a year but keeps getting pushed back but books like this one and *Rediscover Jesus*. But both *Rediscover Jesus* and this book are excellent reads, that will have

immediate impact on all areas of your life if you read them with an open heart. So give this book a read or a listen all you have to lose is your resistance. And you have a world of joy and happiness to gain, true joy found only in God.

Matthew Kelly has found a profound way of telling us that a good balance of faith and truth in our everyday life will give us happiness. To open any page in the book and you will feel that text was written directly for you! Matthew Kelly has dedicated his life to motivating people and organizations around the world, this time it seems to be one-on-one! This book is a great gift for all!

Stop Snoozing! If there's one key message I took from "Resisting Happiness" it is "stay awake!" Every time I hit the snooze button I think of this book. And that thought reminds me to overcome my resistance to do the next right thing, to be the best version of myself. In this book, Matthew Kelly shares his personal spiritual journey and the unselfish care and concern a family friend showed for him. That unselfish spiritual direction changed his life. As we mark the milestones on this journey with Kelly, we are offered the opportunity to acknowledge the many self-inflicted speed bumps and detours in our own lives. Kelly names them "resistance" and asks us many probing questions to keep us on course. Even when you've finished reading, this is a book to keep around for a tough day ... or when you're tempted to hit the snooze button.

I have all of Mr. Kelly's books. I was able to purchase this one and have it read by bed time. This was the first of many times I will read this book. It spoke directly to my heart. It seems like he was sitting at my kitchen table and talking to me. It is what I needed to hear right now. Thank you Mr. Kelly for showing the path.

Be ready to take a retrospective look at your life and stop resisting how you can be, "the best version of yourself".

As usual, Matthew Kelly has written a very insightful and down to earth book that helps us to be "a better version of ourselves". It really makes you think about your life and how easy it is to be more loving, kinder and happier. Love it!!!!

I haven't completed this book as yet (due to time constraints) but I really like it so far. The chapters are short, which is great for people who don't have enough time to read several consecutive hours.

I enjoyed the book because of Matthew's style. Easy to understand, challenging to incorporate, . The topic is a great opportunity for me to be the person God calls me to be.

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