



In the Spirit of Happiness

Monks of New Skete

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In the Spirit of Happiness Monks of New Skete

The book invites the reader to emulate the life of a monk, particularly the uniquely vital and engaged version practiced at New Skete. The reader will come away with fresh insights into improving relationships with other people as well as new ways of connecting to the divine. The monks believe human beings were created to be happy, and that the elements of a monks lifeself-discipline, prayer, acts of love and forgiveness, are the pathways anyone can follow to achieve true happiness.

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