



The Happy Christian: Ten Ways to Be a Joyful Believer in a Gloomy World

David Murray

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A unique combination of biblical teaching, scientific research, and personal biography shows those who follow Jesus how to live joyful, purposeful lives.

Hopelessness has invaded much of our culture, even reaching deep into the church. But while the world is awash in negativity, Christians have resources to live differently.

In *The Happy Christian*, professor and pastor David Murray blends the best of modern science and psychology with the timeless truths of Scripture to create a solid, credible guide to positivity. The author of the acclaimed *Christians Get Depressed Too*, Murray exposes modern negativity's insidious roots and presents ten perspective-changing ways to remain optimistic in a world that keeps trying to drag us down.

The Happy Christian invites readers to shed negativity and become countercultural missionaries by demonstrating the positive power of the gospel in their lives.



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