



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

*David Murray*

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

**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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