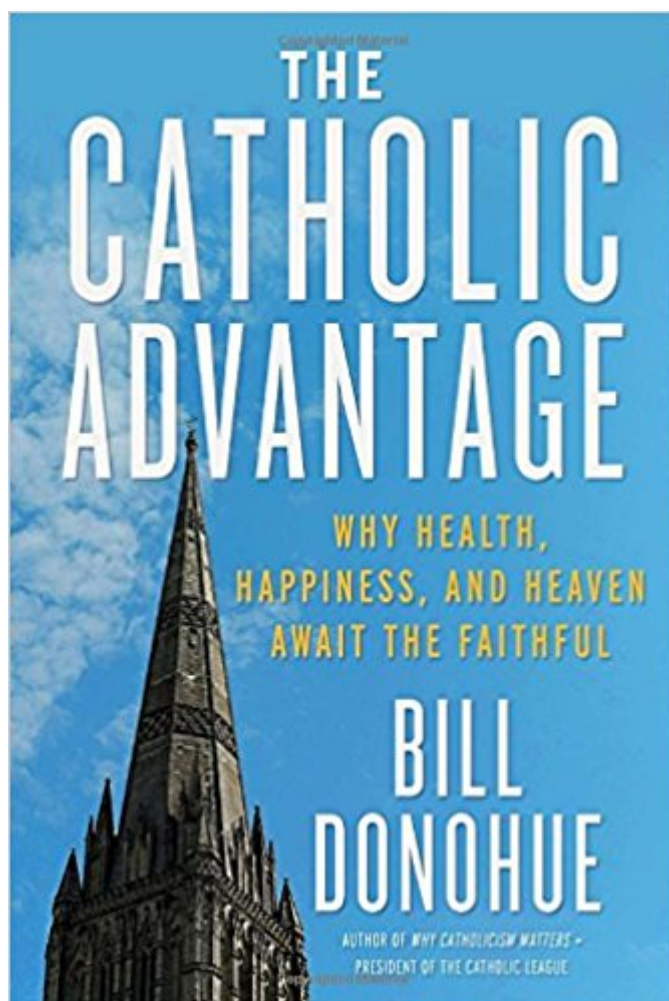


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# The Catholic Advantage: Why Health, Happiness, And Heaven Await The Faithful



## Synopsis

The controversial president of The Catholic League shows how the Church may be the best guide for achieving long-term health and happiness. Religious Americans are by far the healthiest and happiest of any segment of the population—this is true across religions according to recent Gallup polls. Bill Donohue, President of the Catholic League, goes a step further to show that Catholicism will not only make you healthy and happy, but it will ultimately lead you to heaven too. In his latest book, *The Catholic Advantage*, Donohue turns his attention to the ways Catholicism is experienced by believers. He explores a simplified and practical way of looking at the faith, demonstrating how Catholic living enhances our well-being. With exciting new research and time-honored wisdom, Donohue shows how the application of beliefs, bonds and boundaries lead to a bountiful life, while the atheism, narcissism, and hedonism of secular intellectuals and celebrity culture paves the path to misery. Donohue writes, “Catholics who have faithfully followed the precepts of their religion, and have lived a life of good health and happiness, are nicely positioned to experience even greater happiness in heaven. Anyone who bats three for three, especially given these stakes, must be doing something right.”

## Book Information

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## Customer Reviews

DR. WILLIAM A. DONOHUE is the president and CEO of the Catholic League for Religious and Civil Rights, the nation's largest Catholic civil rights organization. The publisher of the Catholic League journal, *Catalyst*, Donohue is also a former Bradley Resident Scholar at The Heritage Foundation and served for two decades on the board of directors of the National Association of

Scholars. A formidable TV presence, Donohue has authored several books on civil liberties, social issues, and Catholicism.

What a great book! If you're a practicing Catholic or Protestant I think you'll love this book. (I'm Catholic) It's more of a scientific book than anything else. Bill references a lot of research data and demonstrates conclusively that Christians are happier, healthier, live longer, have less stress, are more generous etc| than secular, Hollywood elites. But this book would be great for non-Christians or lukewarm Catholics too! If you have friends that wonder why you love your faith tell them to read this book. He does a great job explaining the Catholic understanding of "suffering". If you read this book with an open mind it's pretty hard not to conclude that Christians have an advantage over atheist. Bill Donohue defends the faith against the liberal left. He was interviewed by Rush Limbaugh in the April 2014 edition of his newsletter.

I'm so overwhelmed by the wisdom contained in this book which is clearly anchored in the wisdom of the ages---the Word made flesh. If I could commit all the sections I've highlighted to memory I'm sure my life would never be the same again and my friends and family would think twice about inviting me to functions because I'd never stop talking about it . I'm deeply moved to repentance as a result of reading this book and I will read it again and again until it sticks. It really does capture the current sad moral state of our American culture that many of us seem inextricably caught up in and offers us hope on how probable it is to right the ship again if only we would choose to set boundaries, honor our Judeo-Christian beliefs established by our forefathers and create the proper bonds ("the three Bs"). Only then will we experience true freedom. If you care to know the truth and aren't convinced that the libertarian culture being pushed on us by Hollywood and the Intellectual elite is the answer then read this book.

I ordered this for my husband, who has finished reading it and is passing it on to me. We are Catholics and he said the information was very vital to the problems the church is facing today.

I agree with Mr. Donohue that practicing Catholics live healthier, happy, lives. My life improved for the better when I returned to the Church. I'm not rich, but I am definitely happier.

This is an excellent and well-written book, I initially borrowed a copy from the library now have

ordered one as a gift for my best friend. The author makes a lot of sense.

This is a book for everyone of any faith, even for those with no faith at all.

Excellent book with good statistics and references. Highly recommend it.

Enjoyed reading Bill Donohue book as always and his arguments.

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