



**St. Philip the Apostle Parish  
Book Discussion Group**

**RESISTING HAPPINESS**

**Dates: September 6 & 20  
October 4  
October 18, if needed**

**Time: 7:00 to 8:30 p.m.**

**Location: Parish Center Room 1**

**Cost: Free  
Books are available.**

*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.*

*Each week we will discuss a third of the book.*

*More information on reading material when you register for the class!*

**REGISTRATION FORM FOR RESISTING HAPPINESS DISCUSSION GROUP**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_ @ \_\_\_\_\_

**Phone:** \_\_\_\_\_

Please register no later than **August 31**. Registration forms may be put in an envelope marked "Carol Schubert" and dropped in the collection plate at Mass or mailed to St. Philip the Apostle Parish, 1223 W. Holtz Avenue in Addison.

**If you any questions, please contact Carol Schubert at  
630-628-0900 x104 or [cschubert@st-phil.org](mailto:cschubert@st-phil.org).**