

What joy is and what joy is not -- Part 2

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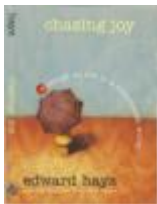
Fr. Ed Hays

Episode 2: Three things necessary for happiness (24 min.)

"There are three things necessary for happiness -- it's interesting that money, fame and power are not among them," Fr. Hays tells Tom Fox. "The three things are: someone to love, some work to do and something to look forward to. That's a kind of a recipe we need to keep in our lives."

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What joy is and what joy is not

Chasing Joy: Musing on Life in a Bittersweet World, by Father Edward Hays, is a spiritual meditation on life in a bittersweet world. Hays talks to Tom Fox about what is joy and what isn't, the components of authentic joy, and its connections with anguish, suffering and death. He speaks about the connections joy has with gratitude and prayer. Hays, a priest in the archdiocese of Kansas City, Kansas, is one of the modern eras spiritual gurus. His book is published by Ave Maria press.

About the Book

Chasing Joy: Musing on Life in a Bittersweet World. Joyful living is our God-given right, says Hays, as he challenges readers to dig through life's miseries and darkest pains to discover the goodness God continues to promise all of humanity. Hays takes common joys and struggles of ordinary lives and blends them with some of the great wisdom figures to offer spiritual exercises for cultivating deeply rooted joy.

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