



The Catholic Advantage: Why Health, Happiness, and Heaven Await the Faithful

Bill Donohue

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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.”

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