

TRUE HAPPINESS

Living the 8 Beatitudes

By Dr. Alan C. Robertson

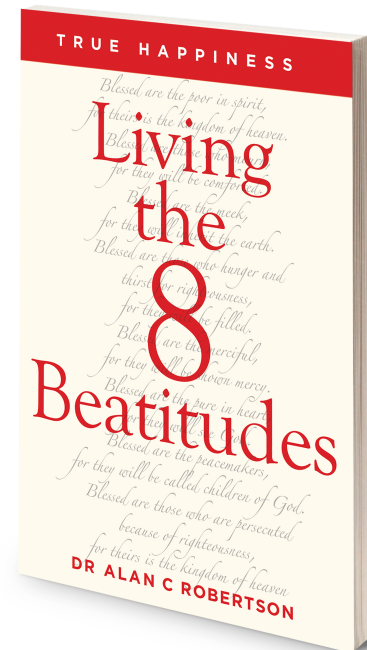
How can we find true happiness?

For over thirty years, Dr. Alan Robertson has counseled those exploring this simple question that is common to all of us. Dr. Robertson has identified a mystery: the more people pursue happiness, the more elusive happiness becomes. Linked to this is another profound discovery: if a person finds something meaningful in life, and begins to be passionate about it, happiness comes as a by-product.

Jesus recognizes the hunger of the human heart for happiness. In fact, he prescribed the solution! The answer lies in understanding and applying the eight beatitudes spoken by Jesus in his Sermon on the Mount, as recorded in the Gospel of Matthew. Each beatitude begins with the word blessed which means "very, very happy."

While most of us have heard of the eight beatitudes, few of us fully understand their value—let alone apply them to our lives. As Dr. Robertson studied the beatitudes, they impacted his life so powerfully that he knew he must share this transformational truth with others. ***True Happiness: Living the 8 Beatitudes*** contains the dynamic results of his study and teaching. Each chapter provides an in-depth exposition of one of the beatitudes, practical exercises, questions for further Bible study, and a suggested prayer.

If you're ready to try living the beatitudes yourself, this book will be a practical and life-changing study. You may be surprised to find . . . True Happiness.



Please contact Jami Carmichael at: jami@deepriverbooks.com for more information.

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B O O K S



Dr. Alan C. Robertson - Kimberley, SA

As a Christian minister and clinical psychologist, Dr. Alan C. Robertson has spent over thirty years teaching, preaching, and counseling. He obtained his doctorate in the field of spirituality and depression. Alan experienced depression in his twenties, but found healing through a committed relationship with Jesus Christ. Today he is dedicated to helping those who suffer with depression, and he believes one of the keys to overcoming depression and finding happiness lies in discovering a cause one is passionate about. Alan practices in South Africa, where he lives with his wife, Denise, a primary school teacher. They've been blessed with four children and one granddaughter. Alan is also the author of *Ten Guidelines for a Meaningful Life*.

Connect with Dr. Alan Robertson:

www.alanrobertson.com

Endorsements for *True Happiness*:

... an incredibly useful book both to be savoured alone and used in a home cell or study group. You will find enjoyment, comfort, and challenge in reading Alan's words. - **The Very Reverend Simon M. Aiken, Anglican Dean of Benoni, South Africa**

This study of the Beatitudes combines deep spirituality with a precise exegesis of the original Greek text, along with a penetrating analysis of what it is to be a human being. The author's credentials as a theologian *and* a psychologist are evident throughout, but never burden with unnecessary detail. Years of intense self-reflection and counselling experience are woven into this unpretentious and compelling narrative. Each chapter is a meditation on a single Beatitude, and readers are invited into a friendly but demanding therapeutic conversation. This is a unique book that inspires and informs with a gentle authority. It is best read slowly and meditatively. I can only recommend it! - **Gordon Mitchell, professor of biblical studies, University of Hamburg, Germany**

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"A simple and deeply personal response to many of the problems of our life, based on the words of Scripture, and the experiences of a counsellor, psychologist, and Christian priest. -**Dr. John Suggit, author, and professor emeritus of New Testament Studies at Rhodes University in South Africa**

In this book, Dr. Robertson has drawn upon his knowledge and experience as psychologist, preacher, and priest to provide a study of the Beatitudes that is concise, practical, and easy to understand. His biblical exposition is illustrated by apt examples, many of them from his own personal life and pastoral ministry, and followed by suggestions for further reflection. I commend it warmly, especially to lay readers and Bible Study groups, who will appreciate its un-technical language, deep sincerity, and relevance to everyday Christian living. May it help them in their quest for true happiness! -**Rev. Dr. Donald Cragg, former general secretary of the Church Unity Commission, South Africa**

Suggested Interview Questions for Dr. Alan Robertson, Author of *True Happiness*:

1. Why did you write this book?
2. What would people gain by reading this book?
3. What are the main points you make in the book?
4. Tell us about yourself.
5. Are you happy?
6. Is the book only for Christians?
7. You live in South Africa, the most unequal society in the world? How can people possibly find happiness in that context?
8. How is your book different from other books on the Beatitudes?
9. How do you reconcile Christianity and psychology? Some Christians feel that they do not go together?
10. So, is Oscar Pistorius guilty?