



Rethink Happiness  
*Dare to Embrace God  
and Experience True Joy*  
By Paul George ISBN:  
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160 pages • \$15.95  
Catholicism/Personal Growth

Also available as an eBook.

*"Rethink Happiness offers  
a profoundly inspired  
examination of the heart so  
that we can embrace God's  
love for us, our purpose, and  
ultimately, true happiness.  
Paul George is challenging,  
honest, and encouraging in  
helping us become who we  
were made to be."*

LEAH DARROW  
International speaker and  
author of *The Other Side of Beauty*

## BOOK ANNOUNCEMENT

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## ADORE FOUNDER: FOCUS ON GOD, SIMPLE JOYS TO PURSUE AUTHENTIC HAPPINESS

NOTRE DAME, Ind.—For more than twenty years, life coach and Steubenville speaker Paul George has helped fellow Catholics discover their purpose by searching themselves, reorganizing their priorities, and establishing a personal relationship with Jesus Christ. In his debut book, George invites readers to pursue authentic happiness by surrendering their life to God and focusing on simple joys: daily prayer, a minimalist lifestyle, meaningful relationships, and an ongoing pursuit of God's will.

*Rethink Happiness* is an essential self-help guide for those seeking to define their purpose in life. Chock-full of relatable stories about Paul George and his life-long work in ministry, this book will help readers discover that true happiness is found when they are totally oriented to God. With the same high energy he brings to his talks to youth and adult audiences, George will help readers identify what they are truly looking for in life.

The book opens with the idea that everyone is searching for happiness but looking in the wrong places. People are hungry for God's love, but they are stuffing themselves with shallow relationships and unchecked materialism. George invites readers to rethink this formula, by first recognizing that it is God they want, and then surrendering everything to him. *Rethink Happiness* dares readers to live differently and to satisfy their appetite for happiness once and for all by rooting themselves in God and opening to the joy only he can offer.

## ABOUT THE AUTHOR

Paul George is a Catholic speaker, teacher, and author who co-founded Adore Ministries and served as its president for eight years. He has more than twenty years of ministry experience as a parish youth minister, diocesan director, campus minister, and full-time evangelist. George is a life coach and, through his organization Art of Living, serves as a consultant to churches, schools, organizations, and corporations throughout the world.



*"Paul George is an extraordinary storyteller. The stories are real and engaging and potentially life-changing. There is profound wisdom in this unassuming book. I highly recommend it to anyone who is longing for greater fulfillment in life. Isn't that all of us?"*

BOB SCHUCHTS  
Author of *Be Healed*