

# CONTENTS

Foreword by Matt Maher .....	xi
Introduction .....	xv
Chapter 1—We Are All Starving .....	1
Chapter 2—It’s Time to Surrender .....	13
Chapter 3—Rethink Happiness .....	25
Chapter 4—Know Your Destination .....	37
Chapter 5—Keep It Real .....	51
Chapter 6—Recover What Was Lost .....	63
Chapter 7—Recognize Authentic Beauty .....	75
Chapter 8—See with New Lenses .....	91
Chapter 9—Take the Leap .....	105
Chapter 10—Live the Abundant Life .....	117
Acknowledgments .....	131
Notes .....	135