Making Happiness a Habit

A marriage enrichment seminar with Dr. Jim Healy

NEW Half-Day Seminar

Happiness in marriage comes, not so much from the "once in a lifetime" events, wonderful as they are, but by the things we do over and over again. What are these "habits of the heart" that lead to joy and fulfillment? They are firmly grounded in our Catholic faith, but social science research has also suggested their importance for human happiness.

Designed for all ages and stages of marriage!

Making Happiness a Habit is designed as a free-standing follow-up to Dr. Healy's acclaimed How to Be Married and Stay Engaged marriage conference. For more information on this new half-day program, please call us at 815-741-5188 or email us at rootedinloveinc@aol.com.

"Have you heard Dr. Jim Healy yet? You're in for a real treat!"

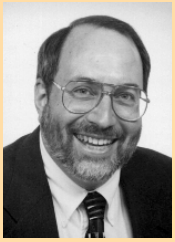
Frank Hannigan, Director, Office of Family Ministries, Archdiocese of Chicago

"Jim Healy has a rare talent for touching couples who live in every age and stage of marriage."

Diane Daniels, Director of Marriage Ministries, Diocese of Dallas

"His clever humour and highly effective metaphorical style lead us gracefully into what it means to live as a sacramental couple in daily married life."

Joan Vienna, Director, Los Angeles Family Life Office



Dr. James Healy has spoken across America on marriage. His marriage materials are used in every Catholic diocese in the United States. A counseling psychologist with over 20 years of full-time experience working with families, he was honored with the Family Ministry Award from the National Association of Catholic Family Life Ministers in the year 2000.