



The WillPower Advantage

Building Habits for Lasting Happiness

Christians, as well as all men and women, are called to holiness and happiness, but we all struggle with taking the practical steps necessary to overcome the vices that rob us of our peace and steal our joy. *The WillPower Advantage* shows that we need to renew our minds with the truth about ourselves—that we are not to be passive in the face of our challenges, but to use our will and our strength to surrender to God’s grace and transform the world, beginning with ourselves.

The WillPower Advantage helps people to build the virtues they need by providing practical wisdom from ancient and contemporary sources. The book includes a Spiritual Audit, which identifies a person’s temperament along with its strengths and weaknesses. The virtues each person’s temperament needs are then presented systematically with practical tips for strengthening them.

By: Tom Peterson & Ryan Hanning Ph.D

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Praise for *The WillPower Advantage*

“The most practical book today helping people to grow in faith and virtues, as they aim for the finish line of heaven!” —**Lou Holtz**, College Football Hall of Fame Coach

“Solidly based on the teachings of the Church, this book is a practical resource for growing in self-knowledge and forging the virtues needed today for a holy and loving communion with Christ.” —**Most Rev. Thomas Olmsted**, Bishop of Phoenix, Arizona

“Concretely points out ways to take seriously the struggle against weakness and sin by making a commitment of the will to accept God’s grace, strive against sin and evil, and seek sanctity.” — **Fr. Mitch Pacwa, S.J.**, *EWTVN_Live*

“This should be an anchor book for people who want to be better followers of Jesus but can’t quite figure out the practical steps for getting there. It’s that powerful!”

—**Pat Lencioni**, Best-selling author, President, The Table Group

