



# **Why Priests Are Happy: A Study of the Psychological and Spiritual Health of Priests (Ave Maria Press)**

*Stephen J. Rossetti*

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In his groundbreaking study, Msgr. Stephen J. Rossetti, the leading American authority on the Catholic priesthood and former director of the Saint Luke Institute, finds that American priests enjoy an extraordinarily high rate of happiness and satisfaction, among the highest of any profession.

Msgr. Stephen J. Rossetti, a psychologist, professor of pastoral studies, and the bestselling author of books for priests, recently conducted the most comprehensive survey of priestly happiness and spiritual lives ever undertaken.

Contrary to popular media portrayals, Rossetti finds that priests, as a group, are very happy men. They like the priesthood and are committed to it. In fact, 92 percent say they are happy in their ministry, among the highest rate of satisfaction of any profession in the United States. This accessible, fascinating study compares priests to the general male population with respect to human intimacy, sexual difficulties, burnout, psychological problems, physical health, and self-care. It identifies fourteen factors that contribute to happiness among priests, examining the contribution of spirituality to their psychological health. Rossetti's cutting-edge, hopeful work will be a must-read not only for priests, but for anyone interested in the priesthood and the Church.

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