



In the Centre Lies Virtue: A short, no nonsense guide to who you are, where you came from and how to be happy

Mr Vincent Kennedy

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Ever wondered what life actually means? Ever sat alone and thought what the hell the point to life actually is? Why should I even continue my life? These thoughts, what at first may seem irrational, may not be as insane as you might think! This book is a fast paced journey that is jam packed with details about our very beginnings up to our present day thinking. This information is to understand the true reality of existence and a real way of not only surviving, but living the life you want to live. The guide covers four major areas within our lives; life, faith, death and happiness. There are many references from great thinkers, philosophers, psychologists, authors and scientists to demonstrate, not only the beauty of our existence, but also why the existential question, is the only important question. Not only this but he learned the importance of virtuous living in having a contented life. This book is ten books condensed into one to give anyone confused about reality, and human angst, a starting point in finding their answers.

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