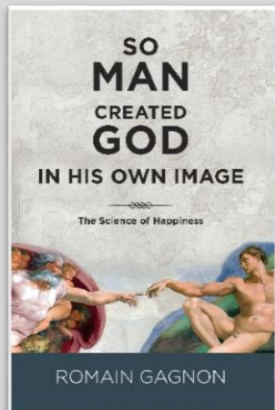


Existential Book Explores a Conundrum: Is It Possible to Be Both Realistic and Happy?

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So Man Created God in His Own Image

The Science of Happiness

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Foreword

Yvon Dallaire

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Author Seeks to Understand True Happiness Beyond What Religion and Consumerism Suggest; Chronicles Recent Scientific Discoveries that Reveal the Biological Mechanisms Underlying Happiness

Romain Gagnon, author of *Vivre mince, gourmet et en santé (Living Thin, Gourmet and Healthy)*, the bestselling book that proposed an original evolutionary approach to nutrition, now poses a series of questions to those seeking to understand life and the seemingly endless pursuit of happiness:

Does the creator of the universe resemble the anthropomorphic description of God as depicted by the main religions?

Does such a supreme being really care about the fate of mankind?

If life senselessly ends at death, for what purpose do humans strive during their brief passage on Earth? Shouldn't they seek to contribute to mankind's collective well-being, and incidentally their own, rather than dogmatically obey commands from a bygone era?

In short, Gagnon wonders, is it possible to be both realistic and happy, and what is true happiness beyond what religion or consumerism tries to sell?

In his newest book, *So Man Created God in His Own Image: The Science of Happiness*, Gagnon reviews history to show that religions have done more harm than good. He then provides scientific and evolutionary explanations for love, compassion, and altruism. Finally, he suggests an alternative spirituality, free of God but compatible with science.

Chapters in *So Man Created God in His Own Image* explore topics such as the evolutionist strategy of love, the decline of the human race, veganism (what Gagnon calls "the new face of asceticism"), hedonic adaptation, the hierarchy of needs, the wisdom of philosophers, and a great deal more.

Gagnon comments, "Existential questions have always fascinated me. This book, the start of which was written 15 years ago, is the culmination of a long endeavor. I had been living in the fast lane until recently when I caught my breath and began to question the real meaning of being alive. I now benefit from the research that preceded the writing of his book and can more serenely manage the vagaries of life."

"A very interesting point of view of what religion has become in our society and how it is used to manipulate and justify some otherwise unacceptable actions. Gagnon delivers an uncensored yet objective point of view to criticize our society's contradictions using scientific disciplines like quantum physic, cosmology, etc." ~ **Josiane Roy**

Author: Engineer, entrepreneur, outdoor enthusiast, epicurean, author, and lecturer Romain Gagnon studied engineering at École Polytechnique de Montréal and has dedicated most of his career to entrepreneurship. In 2004, he wrote his debut book on nutrition featuring a unique evolutionary approach. He has since participated in televised debates, given several conferences on the subject, and published several articles on nutrition as well as socio-political issues.