

**Gospel of  
Atheism**

PRINCIPLE 5, NOBODY MAKES YOU UNHAPPY BUT YOU

The Fifth Principle of Self-love is the recognition that you cause the fears you have and so only you can undo them and that nobody or nothing can make you unhappy unless you let them get them get to you.

Every problem has to be identified before there can be any hope of solving it. The answer to every problem is inside you. It is not what happens in your life that hurts you but how you respond to it. Attitude is to blame for holding on to grudges and everything else in us that makes us feel bad. A bad attitude is caused by illogical thinking.

1 [Salvation by  
atheism](#)

2 [What is self-  
esteem?](#)

3 [Why is self-  
esteem  
important?](#)

4 [How to love  
yourself](#)

5 [You want to be  
happy.](#)

6 [You can be  
happy.](#)

7 [To love  
yourself  
means loving  
yourself alone  
ultimately.](#)

8 [Fear is the  
father of evil](#)

9 [Nobody makes  
you unhappy.  
but you](#)

10 [Let happiness  
come just pave  
the way and  
trust yourself](#)

11 [Be easy to  
please and life  
will be better](#)

12 [You just need  
to see your  
worth](#)

13 [Egoism is the  
way to go!](#)

14 [Distracted  
selfishness is  
your salvation](#)

15 [See that you  
are not a  
sinner](#)

16 [Be your own  
person](#)

person

17 Only God you  
need is you!

18 You have a  
will but it is  
not free in the  
religious sense

19 Proof that  
there is no free  
will and we  
don't really  
want it

20 Belief in fate  
is not really  
that bad

21 Liberation and  
guilt the  
gospel of  
atheism

22 Forgiveness in  
the popular  
sense is a  
snare!

23 Hatred in  
disguise the  
gospel of  
atheism  
overcomes it

24 The  
importance of  
evidence and  
why  
probability not  
possibility is  
what counts

25 Using reason  
correctly  
means  
protecting  
yourself  
correctly

26 There is no  
God - be your  
own God

27 Show the  
oppressive  
God belief the  
door!

28 Belief in God  
thrives on  
attacking your  
self-regard

[Why it is  
inhuman to  
condone God's  
often cruel  
plan](#)

[Religion is  
fanatical  
superstitious  
and therefore  
harmful](#)

[Why prayer  
offends against  
decency.](#)

[Why it is bad  
to believe in  
revelation](#)

[Miracles are a  
toxic belief](#)

[Fast inner  
transformation  
for the atheist](#)

[Don't expect  
too much](#)

[Affirming  
atheism in a  
positive way.](#)

[Humanist  
meditation -  
transforming  
your inner self](#)

[Feeling that  
life is  
meaningful](#)

[On optimism -  
the atheist and  
mature  
optimism](#)

[Why there is  
danger and  
irresponsibility  
in the afterlife  
doctrine](#)

[Telling the  
difference  
between right  
and wrong](#)

[Being fair](#)

[On value on  
human life](#)

- 44 [Can an egoist be a martyr for others?](#)
- 45 [Animal rights](#)
- 46 [Ways of being complicit in society's evil](#)
- 47 [Lying and stealing](#)
- 48 [Gossip is a plague](#)
- 49 [The need for social regulation](#)
- 50 [Proper relationship of church and state](#)
- 51 [The value of education](#)
- 52 [The evil of marriage](#)
- 53 [How to have a happy love life](#)
- 54 [Erotica is harmless and to be enjoyed](#)
- 55 [The bare essentials of atheism](#)
- 56 [About Humanism](#)
- 57 [Humanism is not a religion or a faith position](#)
- 58 [Atheists here are the rules if you want them!](#)
- 59 [Being an atheist or humanist in a religious world](#)
- 60 [Making friends for humanist atheism](#)

61 [How we must spread the good news of atheistic humanism](#)

62 [The end goal of atheistic humanism](#)

63 [Ultimate truth - the theorems of atheistic humanism](#)