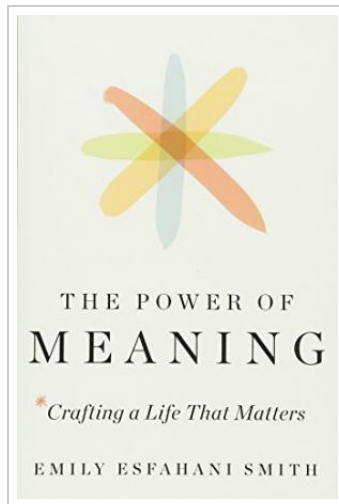




The Power of Meaning

By Smith, Emily Esfahani

Condition: New. Publisher/Verlag: Random House US | Crafting a Life That Matters | Our culture is obsessed with the good life. Yet, we're more dissatisfied than ever. Smith argues that we've been chasing the wrong thing. It's not happiness that makes life worth living—it's meaning. For anyone exhausted or disillusioned by the perpetual pursuit of personal happiness, here is the antidote: a book about the pursuit of meaning, a better route to a fulfilling life. | In a culture obsessed with happiness, this wise, stirring book points the way toward a richer, more satisfying life. Too many of us believe that the search for meaning is an esoteric pursuit—that you have to travel to a distant monastery or page through dusty volumes to discover life's secrets. The truth is, there are untapped sources of meaning all around us—right here, right now. To explore how we can craft lives of meaning, Emily Esfahani Smith synthesizes a kaleidoscopic array of sources—from psychologists, sociologists, philosophers, and neuroscientists to figures in literature and history such as George Eliot, Viktor Frankl, Aristotle, and the Buddha. Drawing on this research, Smith shows us how cultivating connections to others, identifying and working toward a purpose, telling stories about our...



READ ONLINE
[3.71 MB]

Reviews

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.

-- **Judd Schulist**

It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Delia Rutherford**