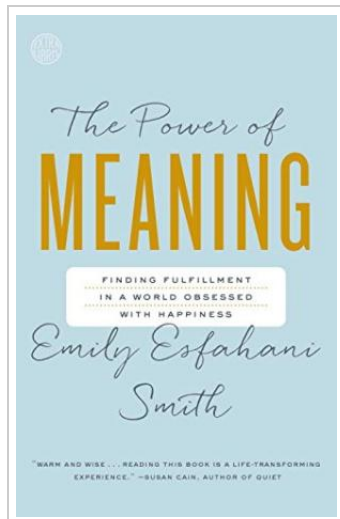



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The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness (Paperback)

By Emily Esfahani Smith

BROADWAY BOOKS, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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 place in the world, and seeking out mystery can immeasurably deepen our lives. To bring what she calls the four pillars of meaning to life, Smith visits a tight-knit fishing village in the Chesapeake Bay, stargazes in West Texas, attends a dinner where young people gather to share their experiences of profound loss, and more. She also introduces us to...

Reviews

This written publication is fantastic. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of your respective time (that's what catalogues are for concerning should you ask me).

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-- **Katrine Kohler DVM**