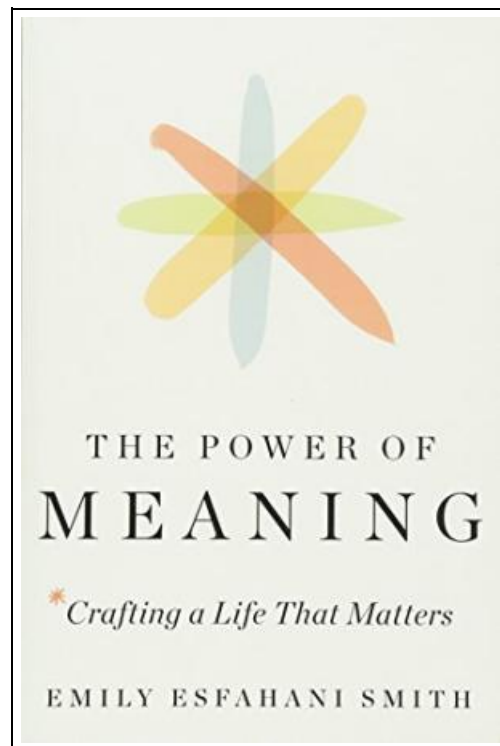


The Power of Meaning



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THE POWER OF MEANING



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 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 compelling seekers of meaning--from the drug kingpin who finds his purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs. And she explores how we might begin to build a culture that..



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