



## The Power of Meaning: The true route to happiness (Paperback)

By Emily Esfahani Smith

Ebury Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Life-transforming Susan Cain, author of Quiet Searching for happiness is overrated, learn to find meaning instead There is a persistent myth in our culture that in order to lead a fulfilling life we must pursue happiness at all times. In her groundbreaking work, Emily Esfahani Smith explains that it is actually the search for meaning that will bring fulfilment. She argues that meaning is all around us in vast untapped resources, and that the key is finding it in the right here, right now. Her inspiring TED Talk on the same topic has been viewed over a million times. To explore how we can change our lives for the better, she draws on the latest research in psychology, sociology, philosophy and neuroscience, as well as insights from figures in literature and history such as George Eliot, Viktor Frankl, Aristotle and the Buddha. She 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 do this she visits remarkable people and places, such as a tight-knit...



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