



The Power of Meaning: Crafting a Life That Matters

Emily Esfahani Smith

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This wise, stirring book argues that the search for meaning can immeasurably deepen our lives, and that it is far more fulfilling than the pursuit of personal happiness

There is a myth in our culture that the search for meaning is some esoteric pursuit—that you have to travel to a distant monastery or page through dusty volumes to figure out life’s great secret. The truth is, there are untapped sources of meaning all around us—right here, right now. Drawing on the latest research in positive psychology; on insights from Aristotle, George Eliot, Viktor Frankl, the Buddha, and other great minds; and on interviews with seekers of meaning, Emily Esfahani Smith identifies four pillars of meaning: Belonging, Purpose, Storytelling, and Transcendence.

To bring those concepts 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 found 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 of meaning in our schools, our workplaces, and our communities.

Inspiring and story-driven, *The Power of Meaning* will strike a profound chord in anyone seeking a richer, more satisfying life.

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