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*Victor J. Strecher*

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**Victor J. Strecher : Life on Purpose: How Living for What Matters Most Changes Everything** before purchasing it in order to gage whether or not it would be worth my time, and all praised Life on Purpose: How Living for What Matters Most Changes Everything:

5 of 5 people found the following review helpful. Four StarsBy Oliver DeMilleNothing really great or new. Good ideas, but nothing moving or terribly profound.3 of 3 people found the following review helpful. This book should make a difference in your approach to lifeBy Gene HurstAs I read this book, I am sitting in a hospice room waiting for my mother's final days to pass. It gives his words a certain immediacy. It is crucial that we find a purpose for our lives. We need to examine this purpose on a regular basis. This book is a great foundation to establish a meaningful life that will make a difference.0 of 0 people found the following review helpful. Important read for parents and non-parentsBy Patricia HudsonAs a parent who has also lost a child, I found this quite affirming and validating. Also I am a psychologist and see many clients who have, for reasons from divorce, retirement, or death of a loved one, lost their purpose and are in transition. This is a guide to purpose.

A pioneer in the field of behavioral science delivers a groundbreaking work that shows how finding your purpose in life leads to better health and overall happiness. Your life is a boat. You need a rudder. But it doesn't matter how much wind is in your sails if you're not steering toward a harbor - an ultimate purpose in your life. While the greatest philosophers have pondered purpose for centuries, today it has been shown to have a concrete impact on our health. Recent studies into Alzheimer's, heart disease, stroke, depression, functional brain imaging, and measurement of DNA repair are shedding new light on how and why purpose benefits our lives. Going beyond the fads, opinions, and false hopes of "expert" self-help books, Life on Purpose explores the incredible connection between purposeful living and the latest scientific evidence on quality of life and longevity. Drawing on ancient and modern philosophy, literature, psychology, evolutionary biology, genetics, and neuroscience as well as his experience in public health research, Dr. Vic Strecher reveals the elements necessary for a purposeful life and how to acquire them and outlines an elegant strategy for improving energy, willpower, and long-term happiness and well-being. He integrates these core themes into his own personal story - a tragedy that led him to reconsider his own life - and how a deeper understanding of purposeful living helped him not only to survive but to thrive. Illuminating, accessible, and authentically grounded in

real people's experiences, Life on Purpose is essential for everyone seeking lasting improvement in their lives.

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