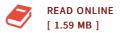




Pursuing the Good Life: Reigniting Your Passion for Living a Life That Matters! (Hardback)

By Ed D Mark J Britzman

True Directions, 2015. Hardback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Pursuing the good life has been a quest for philosophers throughout recent human history as life became more than just surviving the many dangers of the day. A central question that has become even more important is, What makes life worth living? In Pursuing the Good Life, author Dr. Mark J. Britzman presents strategies to help you gain a more satisfying life experience. Offering more than psychological sound bites, Pursuing the Good Life shows you how to explore a new path by developing a plan that fulfills the need for love and belonging, empowerment, fun and enjoyment, freedom and independence, and higher states of good health and wellness. Britzman addresses how to: - Live well - Gain integrity with relationships - Find meaningful work - Experience a sense of purpose In this self-improvement book, Britzman provides an opportunity to self-evaluate and help you seize opportunities to make choices that are more life-enriching, leading to a better present and future. Pursuing the good life entails clarifying your hopes and dreams, finding an optimal direction that moves you closer to what you want, self-evaluating the...



Reviews

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