



The Power of Purpose: Find Meaning, Live Longer, Better

Richard Leider

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What really matters? How should we grapple with the many political, economic, medical, and spiritual crises we seem to encounter on a daily basis? What can we count on when everything around us seems so ephemeral? Coach, leadership legend and vitality expert Richard Leider argues that purpose is the answer to all of these questions. When all else seems unknowable or fleeting, purpose give us the will to live. In the end, it's all we can control.

Leider examines the critical importance of a sense of purpose in achieving a full, productive, and contributory working life, and explains how finding purpose is the key to living both longer and better. He offers a detailed, practical process for finding your calling.

Based on many interviews with people of all ages, and including numerous stories of people living on purpose, *The Power of Purpose* guides readers toward discovering the purposes they already have within them. The second edition of this bestselling book has reworked multiple chapters to include powerful new stories and lessons learned by the author. It also emphasizes new techniques and methods for detecting and determining purpose, research demonstrating the documented medical connections between purpose and longevity, and survey results of fulfilled individuals who discovered that, in retrospect, meaning trumped money (and everything else) in their lives.

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