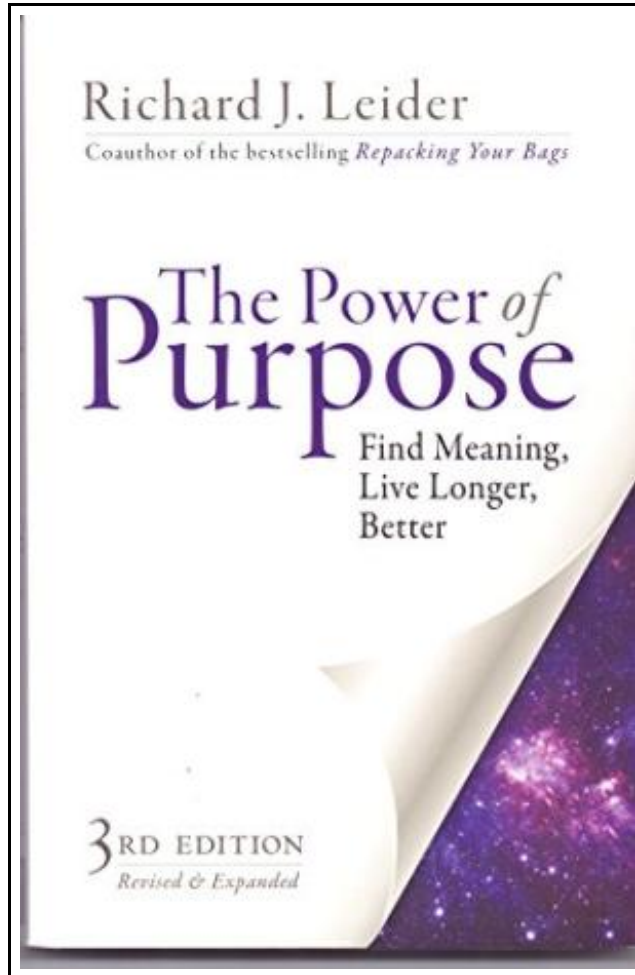


## The Power of Purpose: Find Meaning, Live Longer, Better



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Berrett-Koehler Publishers, California, 2015. Paper back. Book Condition: New. Third and Revised. 216pp. Purpose is fundamental and gives life meaning. It gives us the will not just to live but to live long and well. In this new edition of his bestselling classic, legendary personal coach Richard Leider offers brand-new tools and techniques for unlocking it. The third edition has been completely revised and updated. In addition to new stories, examples, and resources, it features four new chapters. ?Purpose across the Ages? looks at how purpose can evolve during our lives. ?The 24Hour Purpose Retreat? includes seven mind-opening questions to help you unlock your purpose. ?The Purpose Checkup? offers a new tool for periodically evaluating the health of your purpose. And in ?Can Science Explain Purpose?? we learn what researchers are discovering about how an increased sense of purpose can improve our health, healing, happiness, longevity, and productivity. Purpose is an active expression of our values and our compassion for others?it makes us want to get up in the morning and add value to the world. Leider details a graceful, practical, and ultimately spiritual process for making it central to your life. This revitalized guide will help you integrate it into everything you do.



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