

How to Live a Meaningful Life – Part 1

I'd like to start by giving you a bit of background into why I chose this topic. I'm a great believer in synchronicity and in being provided with the information that we need at the right time.

I was in a little store and I came across a book that caught my attention, and it's entitled Man's Search for Meaning by Viktor E. Frankl.

Let me give you the backstory on this by quoting the description on the back so that you know something about this book.