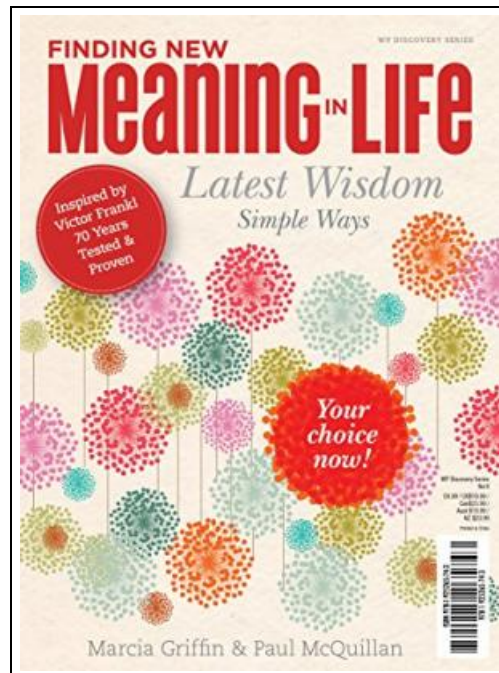


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Wilkinson Publishing, Australia, 2017. Book. Condition: New. Language: English . Brand New Book. Finding Meaning in Life is a world first in that it bridges the gap between scientific and existential psychology and self-help literature. Life can be such an exciting and fulfilling journey. To ensure this we need to have some tools at hand to help us deal with daily challenges. Just as physical health requires that we eat well and exercise daily, even more importantly, good mental health requires that we have the tools to face up to life in a positive and realistic manner. Each of us has the resources to do this but we need to be reminded that we are in charge and we can take control of our lives. This book is a compelling read and explains the very powerful teachings of Viktor Frankl, whose philosophy of logotherapy has impacted the lives of millions of people around the world. This is a life changing book. About the Author Marcia Griffin has been a French, History and English teacher before becoming a corporate economist. She then took a big leap and risk and started a new business. She grew this business from start up to a multi-million dollar turnover throughout Australia and New Zealand with nearly 5,000 sales people. It was during that time she was awarded the Telstra Business Woman on the Year in Victoria, Australia. Equally she has faced financial and emotional challenges through a divorce. These challenges served to motivate her to reach out and encourage other women to believe that they can achieve what they set out to do. Her first book High Heeled Success was written for this purpose. Marcia has had a life-long passion to encourage others to embrace their lives to the fullest, to take responsibility for their...



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