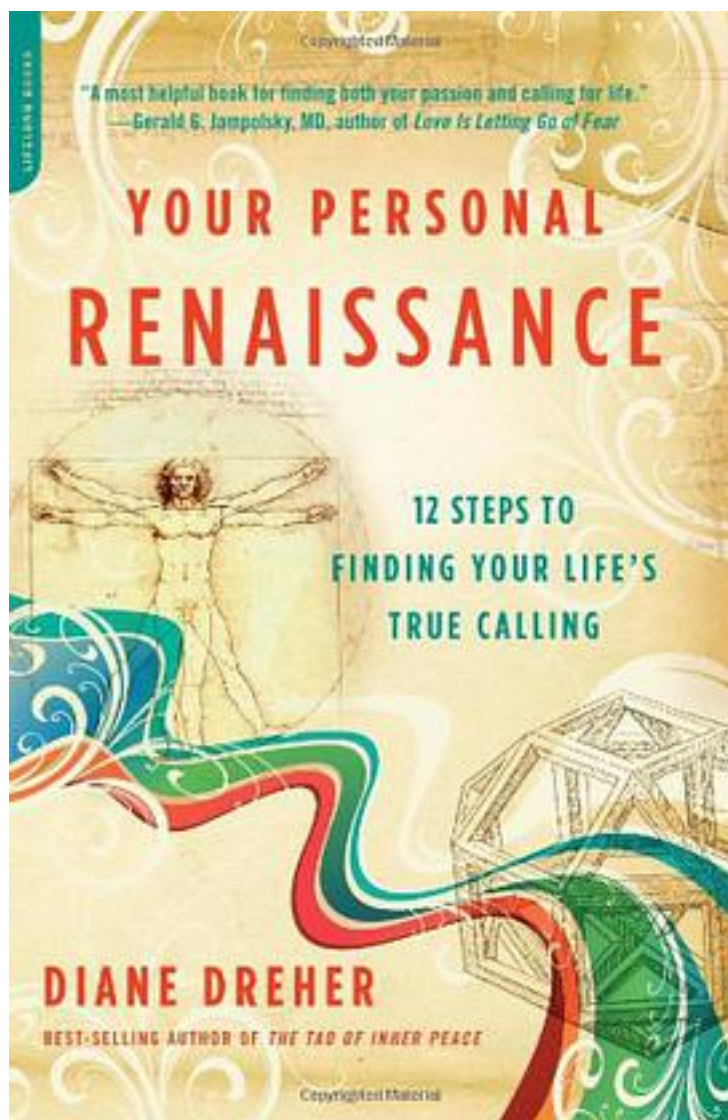


Your Personal Renaissance



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Renaissance keys to discovering your talents, finding your purpose, and charting a happier, new direction in life. We've all asked ourselves, "What should I do with my life?" "Where am I going?" "Is this what I really want?" Whether you're graduating, changing careers, getting divorced, retiring, or just confused about what's next, Your Personal Renaissance will help you find your calling. Combining the lost wisdom of the Renaissance with groundbreaking research in positive psychology, this book approaches a calling in its original definition--not just a job, but a joyous, meaningful life. The book features an innovative program of contemplative steps (Discovery, Detachment, Discernment, and Direction) and practices that help readers combat overscheduling, stress, and depression--and change their lives.

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