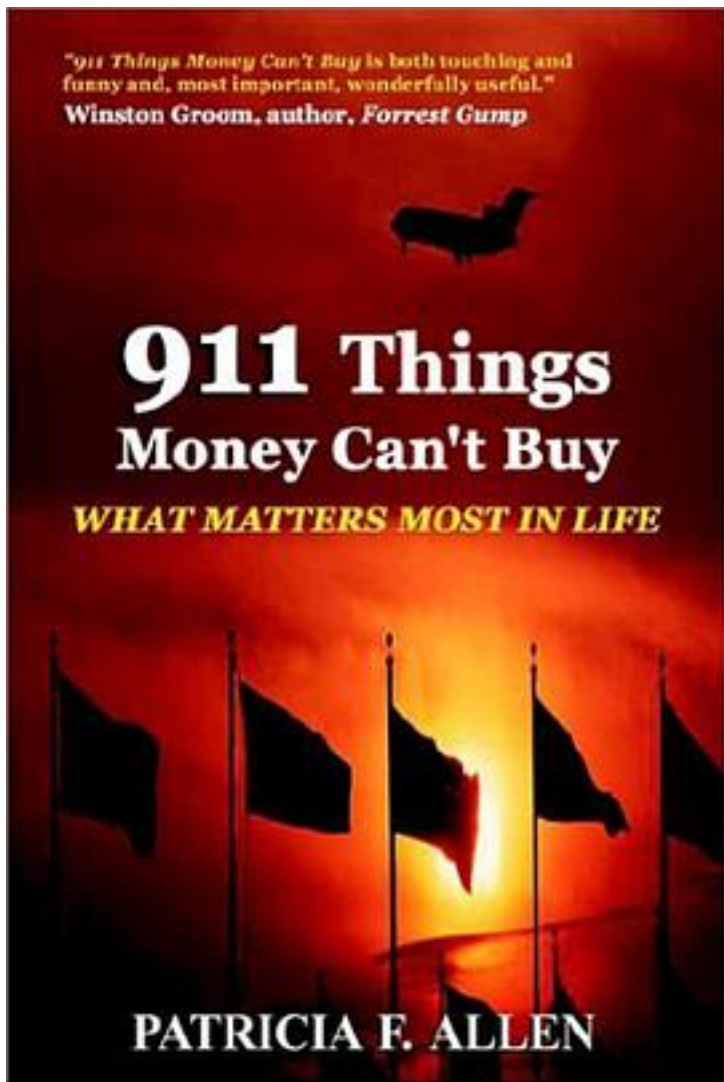


What Matters Most



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著者:Hollis, James

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The celebrated author of Finding Meaning in the Second Half of Life delivers a unique look at happiness, sharing a Jungian approach to finding a fearless, authentic path.

Why are we here? What is the meaning of existence? What truly matters the most in life? To even begin to answer these questions, we must start by exploring our own internal ideals, values, and beliefs. Presenting the unique perspective of respected analyst and author James Hollis, Ph.D., What Matters Most helps readers learn to appreciate (even be amazed by) events unfolding within, even as the external world creates constant struggles.

Taking a fresh look at the concept of happiness, Hollis uses a warm, accessible tone to encourage readers to learn to tolerate ambiguity, embrace growth rather than security, respect the power of Eros, engage spiritual crises, and acknowledge the shadow of mortality. Providing inspiring wisdom and personal reflections to address our deepest worries, What Matters Most yields far more than mere self-help clichés. Instead, Hollis guides readers in uncovering the heart of the matter, discovering what it means to truly live life to its fullest, most meaningful state—as fully engaged citizens of the world.

作者介绍:

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