

QC009SN - The Search for Meaning

Everyone wants their life to have meaning, but for so many people, life feels meaningless.

Meaning is a purpose or reason for being. Meaning...

- Gives your life direction.
- Helps you with your decisions.
- Provides a measure for life.

In his book, “Man’s Search for Meaning,” Holocaust survivor Victor Frankl relates meaning to...

- Living for something bigger than yourself.
- Being able to see the good, even in the worst of situations.
- Finding strength and connection in community.

“Man’s Search for Meaning.” - https://www.amazon.com/gp/product/0807014273?pf_rd_r=GM9JAPQJQ2YFHKRBTG7J&pf_rd_p=edaba0ee-c2fe-4124-9f5d-b31d6b1bfbee