

About the Book

This book is a response to the enormous threat to our mental health posed by COVID-19. The pandemic has exposed both the inadequacy of our present mental health system and the inherent limitations of human beings. The traditional way of facing disruptions with individual strengths is no longer adequate in overcoming this global disaster, which calls for a collective and transformative way of coping.

Dr. Paul T. P. Wong has put together this resource book based on his expertise in coping, meaning therapy and existential positive psychology. This book shows how you can develop your innate capabilities and coping skills to adapt well to the era of the pandemic. This book is grounded in both scientific research and clinical experiences. It was written in an inspirational but down-to-earth manner. The new vision of resilience and joy in the face of an uncertain future will empower you to go through the darkest hours with optimism.

About the Author



Dr. Paul T. P. Wong is one of the world's leaders on Viktor Frankl, and existential positive psychology. An author, speaker, and educator, he is Professor Emeritus at Trent University, Ontario. He is also founder and President of the International Network on Personal Meaning (www.meaning.ca), and editor-in-chief of International Journal of Existential Positive Psychology (<https://www.meaning.ca/journal-resources/journal/>).

He is uniquely qualified to author this unusual resource book because he has personally endured and overcome all kinds of suffering. He claims to be a constantly wounded warrior who still stands tall and strives to create a better world. His motto is: "My mission is to bring meaning and happiness to suffering people." For those interested in his life story, please visit www.drpaulwong.com/autobiography