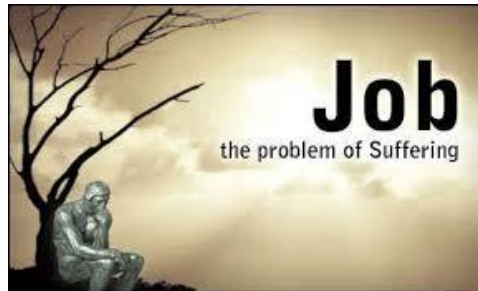


Chapter 1 | You Were Made for Resilience and Happiness for Times Like These



The problem of suffering can not be solved by shallow faith or easy happiness; nor can it be solved by science, wealth, or political power. Suffering can only be experienced, embraced, and transformed into a source of positive energy in life.

The most precious pearl could only be found in the deepest part of the sea. The most brilliant diamond could only be found in the deepest part of the earth.

When you were enjoying a luxurious cruise, or celebrating your business success, unfortunately and unexpected you found yourself descending into the deepest hell, in the unfamiliar and scary world of darkness and suffering.

You can shake your fist at God and curse everyone who may be responsible for your undeserved suffering.

You may swear and complain all day about your miseries, agony and anguish.

But this only aggravates your suffering. When there seems to be no way out of this hellhole, listen to the small, still voice: only you, and you alone can find your way out by searching deep and wide for life's true purpose and for a solution to the problem of your suffering (Wong & Worth, 2017).

You will be surprised by joy—the kind of mature happiness which no one can take away (Wong & Bowers, 2018).

Yes, your darkest hour can become your precious time. Your cup is empty so that it may be filled with something that can really quench your soul's deepest thirst.

You have lost everything so that you may find something that cannot perishable.

You are confined and isolated so that you may transcend all your limitations and become connected the measureless ocean of life and joy.

Your life can either be destroyed or transformed by suffering. Ultimately, the choice is yours. The responsibility of making the right choice is yours. No one can make this decision for you.

If you want to say Yes to Life, Yes to suffering, and discover life's true purpose and joy, you can benefit from Viktor Frank's logotherapy and my positive psychology of suffering (Wong, 2019) because both of us have gone to hell and back, and are grateful for the opportunity for heroic achievement. You too can embark on a hero's journey.