

# **Undefeatable: The Saga of Paul T. P. Wong's Search for Meaning and Happiness in a Difficult World**

## **Preface**

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Given Paul's recent health crisis, I really have a sense of urgency to complete this book for the following reasons:

1. Only he can contribute to Part One, which consists of his latest thinking on existential positive psychology (EPP) and the new science of suffering as the foundation for well-being and global flourishing (Wong et al., 2021).
2. His unique ideas and interventions of integrative meaning therapy are in increasing demand. Since the beginning of the pandemic, requests for him to do interviews and podcasts, give lectures, and teach a course have come in continuously from many countries, from South Africa to India, from Brazil to Australia. His [2022 report](#) gives you a glimpse of the numerous invitations during the last year alone.
3. The long list of leaders in psychology and religion contributing to this book clearly indicates their recognition of Paul's significant contributions to psychology and leadership (Wong et al., 2022), although he remains largely unknown for those who don't know him personally. He has accepted his role as an outsider. Deep down, I know he still hopes that through this book his unique vision of EPP may gain more recognition from mainstream psychology, not for his own glory but for the betterment of society.
4. Finally, Paul's wish is for everyone to know that the most important thing in life is not success, but kindness (see Wong, 2019). From all the tributes (Part Three), it is clear that what defines Paul is not his intellect or creativity, but his humanity and his faith in Christ.

As a pastor, professor, clinical psychologist, and a parent, his most earnest prayer is this: In a world full of dangers, evils, and hardships, the best way to cope with every adversity effectively and stay healthy is to humble ourselves and depend on God's grace.

Whenever there is an opening or invitation, he would gladly give a personal testimony of how he can still experience love, peace, and joy amidst terrible storms by trusting in God's strength. He further explains that such faith is possible only by meditating on God's word daily and walking with Jesus in intimate fellowship.

Surprisingly, all his clients from different faith traditions love his testimony. He was even sponsored by Buddhist organisations to speak in Taiwan several times. This observation supports his belief that at the deepest level, we are all connected because we all are made by the same Creator in His image.

This book is about God's work in his life and his legacy of serving others and glorifying God. Therefore, I trust that this book's greatest contribution is to advance positive mental health and world peace through meaning and spirituality.

### References

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