

Dr. Paul Wong's 75th Birthday Celebration Speech

Todd Kashdan, Ph.D.¹

¹ George Mason University

I've been in the Toronto meaningful living group and a recipient of Paul's guidance and support. Every other Sunday afternoon people come from all over the city to gather at Dr. Paul's and Lilian's home. At any given meaningful living group over 30 people pack into the living room. Last year when I joined the group was much smaller, but today the group has over 200 members in the Toronto area. I joined the Meaningful living group just over one year ago where our first meetup was on Canada day long weekend at the time, I was still uncertain whether to continue studying psychology. A little bit anxious about the unknown future I rang the doorbell to Paul's and Lilian's home. Instant relief as Paul and Lilian greeted me. Paul was smiling and delighted to see me. We had a friendly chat as we got to know one another. It was from this point I received exceptional support from Paul; it was above and beyond what I expected. Meeting Paul encouraged me to continue studying in psychology. I felt more prepared and confident that I had knowledge that I had strong support and guidance in place for me. Paul's regular meetings to discuss my dissertation to greatly develop my skills as a student. During the meaningful meeting group and having the chance to meet other people seeking meaning has been very valuable to me also. I've gained a real insight into what motivates people and the topic that Paul was teaching and how I can best use the principles of meaningful living. The many chats I had with others in Paul's and Lilian's home provided one of the most rewarding moments dear to me. I was keen to join fully and what makes life meaningful and the relationships I've formed helped me to learn a lot about meaning. Getting to know Paul and Lilian has been really emphatically told. Friendly, professional, and approachable both have been excellent role models and have gone out of their

way to help and support me. I feel Paul's and Lilian's support have been crucial in my development as a doctoral student. I believe everyone can benefit from understanding some insights about meaning. I'm grateful to have the opportunity to work with the strongest voices in psychology today Dr. Paul Wong and gain the opportunity, responsibility and guidance. I've learned the human capacity to human seeking and meaning making not only repairs what is broken, but also provides pathways to wellbeing and flourishing. I've also learned to never be afraid of the unknown because it's the only place where destiny belongs.