

Foreword for *The How of Meaningful Living*

We are living in times of extreme challenges in terms of rapid changes, radicalized worldviews, crises in meaning and values, pandemics, political upheaval, and wars which erupt without prior warnings. Such unexpected challenges often make us question our ways of living, the meaning of life and suffering.

Over the past 50 years, Dr. Paul T. P. Wong has worked as a professor and a clinical psychologist in existential positive psychology (EPP). He has created a huge knowledge base in research and practice and has become a world-renown scholar who brings together various concepts, develops new ones, and integrates different cultural perspectives.

In this book, *The How of Meaningful Living*, Wong presents the lessons learned from studying Viktor E. Frankl from the broader lens of positive psychology research and Asian wisdoms.

This book contains eight chapters. It leads the reader from the life story and work of Frankl – his ideas of transforming suffering into blessings through self-transcendence – towards Wong’s Integrative Meaning Therapy (IMT).

This book is a treasure chest for anyone who is yearning for healing, meaning and personal development in following a spiritual path. It contains many helpful models – such as the PURE Model of meaningful living and the Self-Transcendence Paradigm of Global Wellbeing. These models expand Frankl’s original ideas based on Wong’s empirical, theoretical, and practical work for his vision of “making the world a better place.”

In this book, Wong covers important principles of what makes life meaningful at the individual, community, and global levels; all these principles are based on both Biblical teachings and scientific research on how to live a healthy, happy, and meaningful life.

Thank you, Paul, for bringing deeper insights into Frankl’s logotherapy and your own life experiences together in this book. Thank you for being my colleague and friend. I have personally learned a lot from you on different levels. I hope that your work – especially this book – receives all the success that it deserves.

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