

Foreword for *The How of Meaningful Living*

In a concise and practical way, Dr. Paul Wong provides an easy-to-understand curriculum to provide insight into living life with meaning and purpose. Based on Viktor Frankl's theory of Logotherapy and his own extensive research and clinical practice, Dr. Wong has developed Integrative Meaning Therapy to combat the issues facing humankind in 2024.

Although society seems to promise a life of happiness through global advancements, in fact, 2023 was not a good year. Individuals around the globe are struggling – struggling with financial issues, humanitarian crises, wars, and declining freedom. Individually, we struggle with both the reality of existential vacuum and the false promises that we can just pursue happiness and success and suffering will go away. Frankl and Wong have shown us that the reality of existential vacuum is one of the major causes of depression, anxiety, addiction, and numerous other societal problems.

Refusing to accept the false narrative, the book provides a practical template to live a fulfilled life – not without suffering, but in conjunction with suffering. Existential wellbeing recognizes suffering as the cornerstone for spiritual transcendence. And in self-transcendence, each of us has the ability to turn suffering into flourishing by finding meaning. This transition is challenging, demanding a realistic review of self to accept responsibility for life, the courage to make the changes, and the humility to accept help. In so doing, we are able to change not only ourselves, but also to help others. That is the secret of living a life of happiness, the paradox of living a life concerned more about others than self.

I invite you to take the challenge to join Dr. Wong on a personal journey to transform suffering into human flourishing. Sharing not only his professional expertise, but also his individual story of living a life with suffering, he offers us insight into spiritual growth. By accepting the challenge, you will have started on a journey not limited to self-improvement but toward living a life with meaning through self-transcendence.

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