

## Foreword

“Fundamentally, therefore, any man can, even under such circumstances, decide what shall become of him - mentally and spiritually... It is this spiritual freedom - which cannot be taken away - that makes life meaningful and purposeful.”

– Viktor E. Frankl, *Man's Search for Meaning*

In times when the world swings between extreme hatred and fundamentalism on the one hand, and extreme unbridled hedonism on the other hand; in a world of volatility, uncertainty, ambiguity and complexity, many questions arise about our future as humanity. Perhaps more than ever before, following global pandemic, tragedies and pain, deeper questions of meaning, values and purpose surface as crucial for our existence. As the above quote conveys, humans hold the unique capacity to self-transcend even the most tragic of circumstances and to showcase the triumph of the human spirit in the face of adversity, trauma, and suffering. This unique book, "The How of Meaningful Living", celebrates this spirit with an inspiring voice of hope that speaks throughout the pages.

As someone who has always been intrigued by existential questions, I found Dr. Paul Wong's work to offer insightful and inspiring new ways of thinking, along with impressive contributions towards building bridges and launching a new paradigm of existential positive psychology. Through the various ways in which our personal and professional paths converged, I learned a lot from the way he authentically lives and teaches his core values, and this book is a valuable treasure of the profound insights he gathered from Viktor Frankl's work, his own approach, and personal journey. As such, this book exemplifies the triumph of the human spirit, which emerges not from discarding our wounded parts but from embracing our imperfections and rejoining them as pieces of a unique masterpiece and a more

complete whole. In a nutshell, this book is about the practice of hope. The chapters fit together into a rich mosaic that reminds us that human development, like existence itself, is not a static destination to which we should aim, but rather a constantly changing, evolving state of becoming. For practitioners, the book offers comprehensive, integrative, and accessible theory-based interventions, compelling ideas, and engaging practical tools. For scholars, it can serve as an important starting point, orienting readers to relevant and central concepts and theories in logotherapy, existentialism, and positive psychology.

I hope that while reading it, you will see why this book is a vivid reminder that there is something more to human experience than meets the eye, and it is that something more that animates life as we experience it.

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