

Lesson 4 – AEPP02

Self-Transcendence, Life Review, And the PURE Strategy to Finding Meaning in Life

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Abstract

Lesson 4 provides a broad overview of wellbeing research and argues for a more holistic and interdisciplinary approach to finding meaning in life and achieving sustainable wellbeing. It then introduces the new concept of positive living mindset as an example of ultimate existential resources needed to overcome and transform suffering into mature happiness and existential wellbeing. This broader and richer perspective allows us to achieve a deeper understanding of self-transcendence, the PURE model of meaning, and life review for a better future.

Introduction

Lesson 4 is really the heart and soul of this course. It is the central theme that ties all the other lessons together.

Life is a mystery – it is full of beauty and happiness but also full of suffering and evil.

Yes, there are many bad people, and everyone is flawed in some way, but there is hope for redemption for everyone, and our weaknesses can become our saving grace.

Life is also complex. Often, we feel trapped in a bad situation and don't know how to become unstuck. We may also feel that we are born into a dysfunction family or feel that we are born with a bad karma, doomed to a life of miseries. Is there any way to change the future? Can we depend on scientific psychology to save us?

Here is my answer...

[END OF LESSON PREVIEW]