

Meaningful Living Group Discussion Topics

Online course materials will be made available to those who cannot physically attend the Meaningful Living Group meetings. Course materials are based on scientific evidence, clinical insight, philosophical and religious wisdoms, and life experiences. A certificate will be awarded to those who attend all sessions and complete all assignments for both parts of the course. The course is free, but participants are encouraged to purchase a copy of *A Practical Guide to Meaningful Living* by Dr. Paul T. P. Wong (Available for pre-order; more information to come).

Part One: Meaning and Flourishing

1. We live only once: How to live well and make it worthwhile.
2. Human agency and free will: Blessing or curse?
3. The human quest for meaning: When do people ask why questions?
4. What is the meaning of life? How to discover meaning according to Viktor Frankl.
5. What is the good life? The major sources of meaning and happiness.
6. The PURE principle of flourishing.
7. Living on purpose: Discover your calling and passion.
8. Life intelligence: Understanding who you are and what life is all about.
9. Do the right thing or face the consequences.
10. Pathways to happiness and well-being.

Part Two: Meaning and Resilience

1. ABCDE: A new formula for resilience.
2. The wisdom of acceptance.
3. The magic of belief.
4. Just do it: The power of commitment.
5. Discover the hidden dimensions of life.
6. If at first you don't succeed, try, try again: Persistence and flexibility.
7. Tragic optimism: The hope that never dies.
8. True grit: What does not kill you makes you strong.
9. The terror and transformation of suffering and death.
10. The Yin-yang of positive psychology: good + bad = the best life.