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It is the very pursuit of happiness that thwarts happiness. --Viktor Frankl

There's More to Life Than Being Happy

"In 1991, the Library of Congress and Book-of-the-Month Club listed Man's Search for Meaning as one of the 10 most influential books in the United States. It has sold millions of copies worldwide. Now, over twenty years later, the book's ethos -- its emphasis on meaning, the value of suffering, and responsibility to something greater than the self -- seems to be at odds with our culture, which is more interested in the pursuit of individual happiness than in the search for meaning. "To the European," Frankl wrote, "it is a characteristic of the American culture that, again and again, one is commanded and ordered to 'be happy.' But happiness cannot be pursued; it must ensue. One must have a reason to 'be happy.'"" This thought-provoking article shares more.

Be The Change:

Take a few moments to consider where you find greatest meaning in your life.