



## **The Human Quest for Meaning: Theories, Research, and Applications (Personality and Clinical Psychology)**

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# The Human Quest for Meaning: Theories, Research, and Applications (Personality and Clinical Psychology)

## The Human Quest for Meaning: Theories, Research, and Applications (Personality and Clinical Psychology)

The first edition of *The Human Quest for Meaning* was a major publication on the empirical research of meaning in life and its vital role in well-being, resilience, and psychotherapy. This new edition continues that quest and seeks to answer the questions, what is the meaning of life? How do we explain what constitutes meaningful relationships, work, and living?

The answers, as the eminent scholars and practitioners who contributed to this text find, are neither simple nor straightforward. While seeking to clarify subjective vs. objective meaning in 21 new and 7 revised chapters, the authors also address the differences in cultural contexts, and identify 8 different sources of meaning, as well as at least 6 different stages in the process of the search for meaning. They also address different perspectives, including positive psychology, self-determination, integrative, narrative, and relational perspectives, to ensure that readers obtain the most thorough information possible. Mental health practitioners will find the numerous meaning-centered interventions, such as the PURE and ABCDE methods, highly useful in their own work with facilitating healing and personal growth in their clients. *The Human Quest for Meaning* represents a bold new vision for the future of meaning-oriented research and applications. No one seeking to truly understand the human condition should be without it.

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