

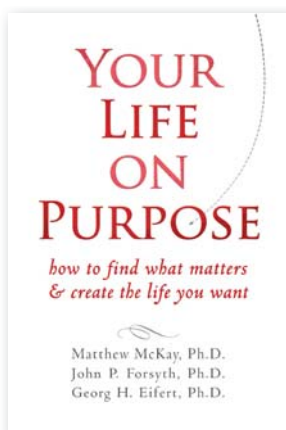
# Your Life On Purpose

## How to Find What Matters and Create the Life You Want

MATTHEW MCKAY, PH.D., JOHN P. FORSYTH, PH.D., AND GEORG H. EIFERT, PH.D.

Have you reached the part of your life where you've started to wonder what ever happened to all the dreams you once had about what your life would be like? Have you started to accept that you may never achieve the goals you set for yourself, and that you may never live your deepest values? **Your Life On Purpose** will help you to:

- \* Find and do what you are passionate about
- \* Keep mental obstacles, fears, and daily demands from blocking your path to fulfillment
- \* Focus on what truly matters to make your dreams a reality
- \* Make a lasting impact on the world



**MATTHEW MCKAY, PH.D.**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, *Thoughts and Feelings*, and *When Anger Hurts*. His books have sold over three million copies. In private practice, he specializes in the cognitive behavioral treatment of anxiety and depression.



**JOHN P. FORSYTH, PH.D.**, is a scientist, writer, professor of psychology, and director of the Anxiety Disorders Research Program at the University at Albany, SUNY. He is an internationally recognized leader in the growth of newer acceptance and mindfulness-based behavior therapies and has won numerous awards for his research and teaching. Forsyth is coauthor of several popular books, including *The Mindfulness and Acceptance Workbook for Anxiety* and *ACT on Life Not on Anger*, and travels widely giving talks and trainings to those interested in learning how to move with the inevitable pains of life and do what matters to them.



**GEORG H. EIFERT, PH.D.**, is a psychology professor and Associate Dean of Health and Life Sciences at Chapman University in Orange County, CA. He was ranked as one of the top thirty researchers in behavior analysis and therapy and has authored over one hundred publications on psychological causes and treatments of emotional suffering. He is a clinical fellow of the Behavior Therapy and Research Society and a licensed clinical psychologist. He is coauthor of numerous books, including *The Mindfulness and Acceptance Workbook for Anxiety* and *The Anorexia Workbook*.

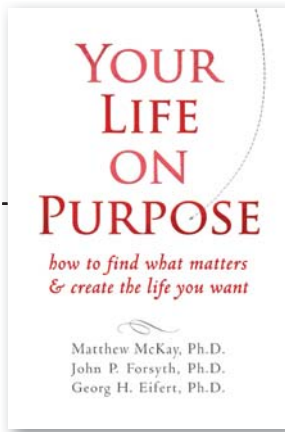
About the  
Authors

### FOR ADDITIONAL INFORMATION CONTACT:

Earlita Chenault 510-594-6142 /  
earlita.chenault@newharbinger.com  
Lorna Garano / Lorna@lornagarano.com

### YOUR LIFE ON PURPOSE

How to Find What Matters and Create the Life You Want  
Matthew McKay, Ph.D., John P. Forsyth, Ph.D., & Georg H. Eifert, Ph.D.  
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## LIFE IS SHORT. SO WHAT ARE YOU WAITING FOR?

### About the Book

## Breaking through the barriers that keep you from living the life you want

There's no time like the present to start living the life you have always dreamed of, rich in the happiness that comes from fulfilling your deepest values and knowing that you've stopped putting your dreams and goals on hold.

*Your Life on Purpose* is about doing what matters to you every day instead of waiting for the perfect time to feel fulfilled and alive. With this book as your guide, you'll learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect you with your true self. You deserve to live a life of purpose, aligned with your deepest values. It's time.

**"LIFE IS A JOURNEY. YOUR JOURNEY BEGAN AT THE MOMENT YOU WERE BORN AND WILL CONTINUE FOR AS LONG AS YOU'RE ALIVE.**

You had no choice in starting it, but you do have a voice in what you do with the time you've been given. Whether your life is one of happenstance or clear purpose and direction pivots on knowing what kind of journey you'd like to take. You need something to guide you, an inner sense of knowing what really matters to you. This book was written to help you have that before it's too late. If you're willing, then we invite you to start by considering three questions.

What is the purpose of life?

What is the purpose of my life?

Am I living my life on purpose?"

—from *Your Life On Purpose*

### Interview Questions

1. What was your inspiration for writing *Your Life On Purpose*?
2. What do you hope readers will learn from *Your Life On Purpose*?
3. How do you define values in this book? Why are they so important?
4. Right now many people in this country are dealing with a tough economy, or perhaps they've lost a job or a home (or both). What would you say to them if they told you they were too busy trying to make ends meet to think about whether they are doing what matters to them?
5. Your book is based on some concepts found in a new evidence-based approach known as Acceptance and Commitment Therapy (ACT, said as one word). What is ACT, and what ACT ideas can be found in *Your Life On Purpose*?
6. The idea of "meaningless tokens" is introduced in an early chapter. What are they, and how can chasing "meaningless tokens" cause us to stray away from what really matters?
7. How can we discover our "life purpose", and why is that discovery important?
8. What are some common examples of value conflicts? How do we move forward when we're faced with conflicting values?

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