



## Discovering Meaning in Your Life (Paperback)

By MD Phd Morris

Page Publishing, Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Humans have always searched for ways to lead a meaningful and purposeful life filled with contentment, happiness, and a sense of flourishing. Today the hallmarks of our societies are drug and alcohol abuse, depression, anxiety, stress-related illnesses, suicide, terrorism, and racial conflicts. Something has gone wrong. This book reviews the history of philosophy from the pre-Socratic philosophers and early Eastern philosophies through existentialists and postmodern philosophers. There is a short but important review of Darwinian science and modern physics as it relates to our philosophy of life. The scientific fields of physics, chemistry, biology, and psychology show that there is increasing order, complexity, and consciousness in the universe. This has led to what has been called the law of consciousness and complexity. Using this evidence, a new evolutionary theory of meaning shows us how a rational philosophy that reflects truths from science and spirituality can allow us to fully embrace a path that lets us discover our own meaning and purpose in life.



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