



# The Art of Meaningful Living

*Christopher F. Brown LCSW MBA*

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**The Art of Meaningful Living** Christopher F. Brown LCSW MBA

[b]Meaningful living is choosing your passions over your fears. It is accepting what you cannot control and focusing on what is in your power.[/b]Too often our meaningful lives and the things we are passionate about are buried under disappointments and lost dreams.Christopher F. Brown, LCSW, MBA, offers a powerful book combining psychological concepts with beautiful, provocative artwork done by John Palmer to help us move beyond the pain in our present lives to something more valuable and joyful. Divided into four stages, Brown has put together this thought-provoking guide to transform a life filled with dissatisfaction to a life filled with true meaning. Open to any page and begin your own journey toward a meaningful life.

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