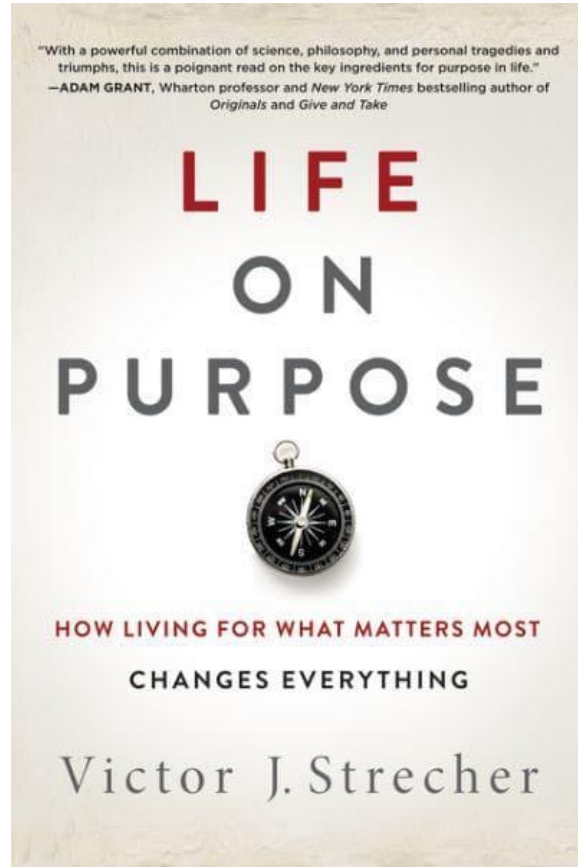


Uuness book summaries and balanced review - Victor Strecher *Life on Purpose*

Who is this book for? Our view:



1. People who want to understand the science of how purpose gives a longer healthier life
2. People who want to **sustain** the purpose they've found through life
3. People who want inspiration through difficult times – loss or battling illness

Who is this book not for?

1. People who believe that God is the only way to find purpose
2. People who are only focussed on what actions to take to find purpose.