



Life on Purpose: How Living for What Matters Most Changes Everything

By Victor J. Strecher

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Life on Purpose: How Living for What Matters Most Changes Everything

By Victor J. Strecher

A pioneer in the field of behavioral science delivers a groundbreaking work that shows how finding your purpose in life leads to better health and overall happiness.

Your life is a boat. You need a rudder. But it doesn't matter how much wind is in your sails if you're not steering toward a harbor—an ultimate purpose in your life.

While the greatest philosophers have pondered purpose for centuries, today it has been shown to have a concrete impact on our health. Recent studies into Alzheimer's, heart disease, stroke, depression, functional brain imaging, and measurement of DNA repair are shedding new light on how and why purpose benefits our lives.

Going beyond the fads, opinions, and false hopes of "expert" self-help books, *Life on Purpose* explores the incredible connection between purposeful living and the latest scientific evidence on quality of life and longevity. Drawing on ancient and modern philosophy, literature, psychology, evolutionary biology, genetics, and neuroscience, as well as his experience in public health research, Dr. Vic Strecher reveals the elements necessary for a purposeful life and how to acquire them, and outlines an elegant strategy for improving energy, willpower, and long-term happiness, and well-being. He integrates these core themes into his own personal story—a tragedy that led him to reconsider his own life—and how a deeper understanding of purposeful living helped him not only survive, but thrive.

Illuminating, accessible, and authentically grounded in real people's experiences, *Life on Purpose* is essential reading for everyone seeking lasting improvement in their lives.

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Editorial Review

Review

“In an eloquently written collection of real life stories, relevant evidence-based research, and his own personal journey, Dr. Strecher compels the reader to develop a strong transcending purpose in life. *Life on Purpose* should be a part of every personal and leadership development must-read list.” (**Adam Grant**, Wharton professor and *New York Times* bestselling author of *Originals* and *Give and Take*)

“In an eloquently written collection of real life stories, relevant evidence-based research, and his own personal journey, Dr. Strecher compels the reader to develop a strong transcending purpose in life. *Life on Purpose* should be a part of every personal and leadership development must-read list.” (**Bob Carr**, President-elect of the American College of Preventive Medicine)

“Vic Strecher provides us with the true secret to living life with health and wellness. The prevention of heart disease is much more than what we eat and the amount of activity we do, it is living your life with purpose.” (**Suzanne Steinbaum**, M.D. Director of Women’s Heart Health at the Heart and Vascular Institute, Lenox Hill Hospital in New York City)

“Brilliant blend of personal experience and scientific research. The authenticity of Vic’s message provides stunning insights into life’s most compelling mysteries and questions.” (**Dr. Jim Loehr**, Co-Founder of the Human Performance Institute, and co-author of *The New York Times* bestseller *The Power of Full Engagement*)

“Victor Strecher has written what I would best describe as a ‘gift.’ He gifts us the ability to define our purpose and immediately start instilling into our own lives. Make no mistake, understanding this concept is not only good for your health -- it is good for the whole world.” (**Sanjay Gupta**, *New York Times* bestselling author and Chief Medical Correspondent CNN)

From the Back Cover

Imagine a drug that was proven to add years to your life, reduce risk of heart attack and stroke, cut your risk of Alzheimer’s disease by more than half, help you relax during the day and sleep better at night, double your chances of staying drug- and alcohol-free after treatment, activate your natural killer cells, diminish your inflammatory cells, increase your good cholesterol, and repair your chromosomes. What if this imaginary drug reduced hospital stays so much that it put a dent in the national health care crisis? The pharmaceutical company who made the drug would be worth billions. The inventors of the drug would receive Nobel Prizes and have institutes named for them. But it’s not a drug. It’s purpose. And it’s free.

Victor Strecher, an award-winning pioneer in the field of behavioral science and professor at the University of Michigan School of Public Health, lost his nineteen-year-old daughter, Julia, to a rare heart disease that resulted from an infant case of chicken pox. This life event challenged every aspect of Strecher’s personal and professional experience and drove him to an exhaustive search, from ancient philosophy to cutting-edge science, to pinpoint the potential and impact of purpose in our lives. What is it? How can we discover it? And what does the latest research tell us about the importance of how purpose affects our overall health and happiness?

The results of this groundbreaking investigation are revelatory and the crux of this engaging book. But *Life on Purpose* does more than just provide the latest science, it offers a step-by-step program for improving energy, willpower, health, and long-term happiness. Strecher's smart, personal, and highly practical book will fundamentally change the way we understand what it means to lead a good life.

About the Author

Victor J. Strecher is a professor and director for innovation and social entrepreneurship at the University of Michigan School of Public Health. He has published over 100 articles in scientific journals, including the *Journal of the American Medical Association*, the *American Journal of Preventive Medicine*, and *Nature Neuroscience* and coedited the book *Oncology: An Evidence-Based Approach*. He lives in Ann Arbor, Michigan.

Users Review

From reader reviews:

Marilyn Daniels:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a wander, shopping, or went to often the Mall. How about open or even read a book allowed *Life on Purpose: How Living for What Matters Most Changes Everything*? Maybe it is for being best activity for you. You understand beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have some other opinion?

Victor Elam:

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John Burns:

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