



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

*Victor J. Strecher*

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

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

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# From Reader Review Life on Purpose: How Living for What Matters Most Changes Everything for online ebook

## Martin Tobias says

Been reading a lot of positive psychology books lately. As well as thinking quite a bit about what I want to do when I grow up. Am very interested in the science behind purpose and how having a purpose changes your life and even more importantly how to get focus on a purpose that makes sense and doesn't overwhelm you. Victor does a good job in the first part of my questions, a very bad job on the second. This book has a lot of his own science and research on the value of purpose in life, work, etc. He also spends quite a bit of time talking about the wonderful companies he has started to commercialize his work (one of which are now owned by Johnson and Johnson), all of which are focused on employee performance (the enterprise - where the money is). If you mostly care about purpose to drive your work career forward, you will find lots of justification for hiring his companies to do that for you in this book. In many ways, this book seems like a sales job for his enterprise software company, Jool Health.

If, on the other hand you are looking for some practical ways to develop purpose in your personal life, this book fails to deliver. While he proposes a framework of positive habits that support development of purpose : Sleep, Presence, Activity, Creativity, and Eating (SPACE), there are no detailed interventions only high level platitudes like "meditation is good" and "more sleep is good". The analysis and direction of how to develop purpose is missing. I actually thought that would be part of the book, but it is sorely lacking.

If you want to understand Strecher's framework for Purpose, read this book. If you are looking for how to develop or define purpose in your own life, go find another book.

Update/Clarification: After my review, the author reached out to understand my review and give some feedback. I was surprised and happy to have a further dialogue. There is one correction, he has only sold ONE company to J&J, not two. His new company JOOL Health was only mentioned three times, and he didn't feel it was the focus of the book (while the name was mentioned only a few times the entire framework justifies the existence of JOOL and that was my #1 impression after reading the book so my comment stands). He also was disappointed that I don't view the book as a guide to finding purpose in your own life based on scientifically supported treatments as that was a primary PURPOSE in writing the book. The proposed interventions are very general and not very actionable. I suspect JOOL health has a much more detailed, structured, science based program which unfortunately is hidden behind expensive enterprise software costs and the Human Resources department. I am looking for something that I can use in my life today. Right now. While it is clear Strecher has thought a lot about this, the book doesn't give me a plan or a set of tools or a coaching framework that I can execute today going forward. While I surely can pick and choose a couple things out of the book to try, that would be haphazard at best. Why is it that the best ideas in Mental Health are locked away in universities and enterprise software companies while Mental Health remains the #1 medical condition in the world and the cure rates are among the lowest in any medical field? I was expecting a book that could bend that curve down, I don't think I found it.

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## Amanda says

These books always frustrate me. On one hand this one made me a bit teary eyed because the author has

experienced a lot of pain in his life (losing his daughter), but still has a positive outlook on life. But his whole purpose is helping people to find their purpose. Yet he doesn't really give tangible advice as how to do this. So if I sleep more, exercise, and eat well, I will discover my purpose? I already do all of those things and yet I still have no idea what I am meant to be doing with my life. Yet another self help book that didn't really help me.

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### **Manuel Cáceres says**

This is a beautiful book that gives you the main tools to build, keep and develop a purpose in life and have a healthy life, with lot of scientific(recent) and philosophical references.

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### **Char says**

One of the best books I've read about guiding you to live a more meaningful and purposeful life. I enjoyed the practical tips, scientific evidence, personal stories, quotes and the philosophical background sprinkled throughout. I would definitely recommend this book to anyone wanting to find purpose in their life.

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### **Dmitri Pavlov says**

Very well written and presented. I did learn a lot from it, Thank you.

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### **Mid Skate says**

OK book by Mr. Strecher. His personal story regarding his daughter's very dire medical problems and her eventual passing at the way to young age of 19 is heart breaking. The rest of the book is unfortunately filled with very general advise on health and exercise that has been covered much better in hundreds of other books. To me "Life on Purpose" had no Purpose. I do not recommend.

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### **Nguyen Luan says**

If you want to read a book that potentially will change your life, then pick up this book, I still love to read this book. It is changing my life forever. I would recommend this book to anyone.

I have extracted from the book some paragraphs that I like best in order to introduce this good book to the readers. You can read these interesting quotes prior to making a decision to read the whole book....!

"Here's a six step guide that might help you discover your purpose in life."

Thanks and Wish you and your family health and success.

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### **Kris Ferrell says**

This book is not the usual dribble peddled by the religious folks talking about fulfilling a purpose from a book of fables aimed at oppression. Instead is a system to make sense of your life on your own terms by defining what is important to you. I wish I had this book as a child, a teenager, or in my 20s, 30s, and 40s. At least I have it now!

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### **Leanne Hunt says**

There were times when I wanted everyone I know to read this book, and other times when I grew quite bored. Basically, the book is written to inform readers about the benefits of living with purpose and how one can inject more purpose into one's life. The author is well qualified to write the book as he works in the medical field and has studied the impact of purposeful living on hundreds of patients and clients. I found the parts where he talks about what purpose is and how it has helped people give their lives meaning very inspirational. In fact, I found myself making copious notes about my top values in an effort to refine my own sense of purpose. However, the second part of the book is devoted to aspects of a healthy lifestyle that support purpose but aren't about purpose itself. I found these parts repetitive and uninspiring.

In the end, I gave the book a four-star rating because I still believe the first part of the book offers great value. For anyone wishing to gain a clearer idea of his own top values and thus refine his own purpose in life, this book will surely not disappoint.

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### **Heidi says**

Very easy read if you are already in the journey of searching. I appreciate the author gave some practical tips for those who didn't go through such profound tragedy in life. Perhaps it is because I read from end to front so I found out the lost of Julie AFTER the 5 tips, worth a try to read backwards.

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### **Ria says**

If you are looking for a step by step book to help you find your purpose in life, then keep walking bucko, this book isn't for you.

If like me, you are wanting a coat hanger in which to hang some sciencey/philosophical 'stuff' on, then stick around.

Unlike others, I didn't come to this book thinking it would provide me the answers to finding my own purpose in life. I stumbled upon it and hit download because every year I select a word for the year, and this year (2018) my word happens to be 'purpose'.

A serendipitous find you might say? I thought so.

It was with an open mind that I approached this book and without preconceived ideas or expectations. Merely hoping it may teach me about the concept of purpose and its importance to my life.

And that is exactly what it did.

If you like books that take a concept, find application for it across all facets of your life, uses science and philosophy to explore that concept deeper with a little bit of humour, then this is the book for you.

For the sake of authenticity, I listened to this book rather than read it, and found it very enjoyable. I found it had the right balance between research and personal journey, and am rather glad it came across my path.

It was an easy listen, yet challenging in content and I have gone back and listened to various chapters several times over, to make sure I came to grips with the knowledge presented and how it may apply to me.

In journeying with this book, I discovered I am a person that enjoys purpose. I don't like the arbitrary, I don't like to do things without meaning, so perhaps it was always going to hit a nerve with me.

“For the unexamined life is not worth living.”

? Plato

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### **Barbara Morrissey says**

I've given this a 4\* rating, but I'm a bit conflicted. Really I want to give a 5\* rating to about 1/3 of the book and to suggest you don't bother reading another 1/3 at all.

The sections that are actually on purpose are very good, I found myself stopping to take notes which is really unlike me.

The parts about his own life and his daughter are touching and provide context, but don't really add to the value of the book for me.

The chapters on maintaining energy are RUBBISH.

I agree 100% that sleep, diet, activity, etc are really important. But skip these chapters and go elsewhere for any how-to info you may need on these topics. In trying to give advice on diet, activity, etc, in a short chapter on each, Strecher races through the material he covers, oversimplifying at best.

I'm not sure this book in itself will help you identify your purpose, but it may convince you that it is something worth doing. And as Strecher closes the book by saying, having *\*some\** purpose is more important than finding the *\*perfect\** purpose. Once you are in line with your values and your conscience, you probably won't be too far wrong, and you can tweak and refine it over time to get to what really matters most for you.

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## **Sue Reedy says**

I have to admit, I'm not a huge fan of nonfiction, especially self-help type books. However, I did like this book and the way Victor Strecher combined research, other people's theories, and personal stories to demonstrate how having a purpose in life, as well as living a healthy life in all ways, really contributes to a longer, happier existence.

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## **Writemoves says**

Strecher starts out letting the reader know that his young daughter died suddenly from heart issues . He described how he recovered from the tragedy and offers his advice on finding a purposeful life and how to achieve it. He reaches back to ancient philosophy and to current psychology. It is a well written book but the message did not resonate with this 64 year old reader.

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## **Morgan Blackledge says**

The book begins with a truly beautiful autobiographical telling of the loss of the author Victor Strecher's child, and the subsequent vitalization and insight that the experience of this awful and tragic loss eventually engendered.

I was really captured by this and I had high hopes for the rest of the book. And the book delivered. Up to a point.

The central premise of the book could be summarized as follows:

Getting clear about what really matters to you (clarifying your personal values) is important but difficult work.

Purpose and meaning in life are essential to mental health, well being, resilience, growth, and even to our very survival.

A purposeful, values driven life takes sustained effortful investment, necessitating what Strecher refers to as 'energy management' i.e. maximizing life practices that engender vitality.

Strecher uses the -SPACE- acronym (Sleep, Presence, Activity, Creativity, Eating) as a mnemonic reference for the activities that are most important to energy management.

Sleep: simply refers to the importance of ample restful sleep to the maintenance of high levels of energy. A basic but frequently ignored truth. Presence: refers to being mindfully engaged, committed and awake to the moment to moment, here and now experience of life. Activity: simply refers to exercise and physical conditioning. Creativity: is rather self explanatory, referring to the use of the imagination or generation of original ideas. Eating: refers to healthy diet.

In my opinion, all of the above is sound and useful.

But the book becomes somewhat discursive, and too frequently doubles as a vehicle for promoting Strecher's business ventures, and most egregiously, himself.

The book is funny at times, and Strecher is good natured, smart and charming, so I tried to overlook these flaws, but there were just a few too many.

Each instance of self promotion triggered my critical apparatus and threw me out of the narrative flow of the book, and that ended up being fatal to my receptivity and enjoyment of the text.

I don't fault the man for promoting his work. But the execution ultimately left me feeling chilly and vaguely suspicious.

So I have to give it three (almost four) stars.

CBNQ = close but not quite.

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