



# The OPA! Way: Finding Joy & Meaning in Everyday Life & Work

*Alex Pattakos*

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**The OPA! Way: Finding Joy & Meaning in Everyday Life & Work** Alex Pattakos  
Named the "2015 Self-Help Book of the Year" at the New Mexico-Arizona Book Awards

In chasing “the good life,” many of us sacrifice our relationships, our health, and our sanity, but at the end of the day, we still find ourselves with lives and work that bring us little fulfillment. Life isn't about the pursuit of happiness, which is superficial and fleeting. It's about meaning, which helps us realize our full potential, and knowing that our lives and work matter—regardless of circumstances.

Dr. Alex Pattakos and Elaine Dundon, two bestselling authors and leaders of the Meaning Movement, give readers *The OPA! Way: Finding Joy & Meaning in Everyday Life & Work*. Inspired by the wisdom of ancient Greek philosophy and traditional village values, and backed by years of research, *The OPA! Way* provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life. Pattakos and Dundon demystify the subject of meaning by sharing insights, stories, and three core lessons to guide you on your odyssey:

Connect meaningfully with **Others**

Engage with deeper **Purpose**

Embrace life with **Attitude**

Stop searching for happiness and start searching for meaning. Create the life you want, *The OPA! Way*.

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