



The search for meaning

REVIEWS BY ALISON HOOD

Guides to finding your place in the world

January's advent often inspires resolutions for self-improvement, many of which we forget—or transgress—by month's end. Still, we tend to agree with writer George Sand, who opined that "One is happy by the results of one's own efforts." So, for those optimistic enough to make the effort, we offer previews of six new books devoted to realizing the good life.

Finding a balance

In 1991, John Chappellear's life fell apart. Within days, he went from being CEO of a multimillion dollar company to financial—and emotional—ruin. This catastrophic fall, which he dubbed "my gift of desperation," woke him mightily. Now a successful life coach, Chappellear discovered that meaning in life comes not from achievements or wealth, but from "something that is slowly entwined into life through your daily experiences, personal beliefs, and the way you interact with those around you."

Enter **The Daily Six: Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose**, a commonsense bible based on short, powerful maxims. This is Chappellear's road map to well-being, his contribution to bettering private and business lives, inspired by mentors who helped him back to wholeness. Dedicated to fostering "success with significance," his six-point plan emphasizes the daily practices of willingness, contemplation, love and forgiveness, service, gratitude and action. Chappellear's approach to change is gentle, almost humble; he uses heartening case studies of others who have met and managed change, but he uses his own life as the primary lesson. This self-proclaimed recovering big shot realizes that "My life quest is no longer 'what can I get?' but 'what can I give?'"

The Daily Six: Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose

By John Chappellear

Putnam, \$19.95

144 pages

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