

# The Grind Podcast

## Episode 3 – The Power of Meaning with Emily Esfahani Smith

Launch Date: 10/19/2017



**Episode Description:** Living a life driven by purpose and with coherence is what research shows brings meaning to your life. Long term, research suggests that it will lead to a deep level of contentment. In this episode, The Grind will explore how finding meaning in life is connecting and contributing to something bigger than you and how it can redefine the way we live our lives.

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**Episode Length:** 25 minutes

**Activity Length:** 35 minutes

**On The Grind:** What is your life story? What themes do you see throughout your life? Do you think that meaning is more important than happiness?

- This TED talk: [There's More to Life Than Being Happy](#)
- This article: [Meaning is Healthier Than Happiness](#)

**Reflect:** What's your primary source of meaning in life? How would you distinguish happiness and meaningfulness? What is one example of each in your life?

**Connect:** Ask questions and post feedback about this episode here: [The Grind Podcast](#)

**Resources:** Check out these resources to go along with the episode:

- This quiz: [What's Your Pillar of Meaning?](#)

### **Featured Voices:**



**AMINA** is a planner. She grew up as the only Somali in her elementary school in Dubai living a life rigidly planned for her by her father. The financial crisis upended that plan and landed her in Seattle in school with boys and white people for the first time.

Now she's a senior at the University of Washington and structures her time to the minute. For the first part of this season, we'll follow Amina as she strives to reach her career goal: medical school.

**Amina Sheikh**

### **About the Guest:**



**Emily Esfahani Smith** is the author of *The Power of Meaning: Finding Fulfillment in a World Obsessed With Happiness*, where she shares how a relentless pursuit of happiness will detract from living a life of meaning. Her writing has appeared in the *Wall Street Journal*, *New York Times*, *The Atlantic*, *The New Criterion*, and other publications.

**Emily Esfahni Smith**