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“The perfect guide.”
—Deepak Chopra, MD

“An inspiring picture of what
purposeful living can be all about”
—Richard Leider

“Everything young people need to
figure out what to do with their
lives.”
—Pepper Schwartz, PhD

A great gift for a graduate or a guide for yourself, *The Big Picture* provides the resources needed to find—and live—a purposeful life.

THE BIG PICTURE

A Guide to Finding Your Purpose in Life

Christine B. Whelan, PhD

What am I going to do with my life?

Young adults want their next steps to be in line with their passions, but according to new national survey data, they haven’t figured out what those are yet: Only 36% of 18-24 year olds say that the career path they have chosen is aligned with their life purpose.

Enter *The Big Picture: A Guide to Finding Your Purpose in Life*, the first small-steps program for young adults to uncover their personal sense of purpose.

Created by the leading authority on self-help research, and reviewed by more than 600 college students, Dr. Christine B. Whelan’s *The Big Picture* is a guide to figuring out what matters—and how to make it happen—by embracing a purpose mindset and connecting to something bigger. It helps readers to harness their talents, interests, and values to take action, address problems, create solutions, and touch the lives of others.

This is the first guidebook to help young-adults—high-schoolers, college students and recent grads—get into that purpose mindset by asking *why* it matters before getting to the *how* of personal change. The book explores questions like:

- What are my gifts—and how can I use those to help others and create meaning?
- How do I reframe all those “shoulds” into actions in keeping with my values?
- What purpose-based commitments can I make *now* to take action toward my personal vision?



For additional resources, visit

TheBigPicture.Life

Book: TheBigPicture.Life/Book

Contest: TheBigPicture.Life/Contest

ABOUT THE AUTHOR

Christine B. Whelan, PhD, is a clinical professor in the School of Human Ecology at the University of Wisconsin–Madison. Her other books include *Generation WTF: From “What the &#%\$?” to a Wise, Tenacious and Fearless You* (Templeton Press, 2011), *Marry Smart: The Intelligent Woman’s Guide to True Love* (Simon & Schuster, 2009) and *Why Smart Men Marry Smart Women* (Simon & Schuster, 2006).

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