

a higher call by adam makos

Book Concept: A Higher Call by Adam Makos

Book Title: A Higher Call: Finding Purpose and Meaning in a Distracted World

Logline: In a world obsessed with fleeting achievements and instant gratification, Adam Makos reveals a path toward a deeper, more fulfilling life—one that transcends personal ambition and connects us to something larger than ourselves.

Storyline/Structure:

The book will use a blend of personal narrative, interviews with individuals who have found profound purpose, and insightful philosophical exploration. It will avoid a purely self-help approach, instead focusing on exploring the human need for meaning and connection. The structure will be thematic, exploring different facets of finding a "higher call":

Part 1: The Empty Echo: This section will explore the pervasive sense of emptiness and dissatisfaction in modern society, fueled by social media, consumerism, and a relentless pursuit of success. It will delve into the psychology of this phenomenon, highlighting the limitations of seeking fulfillment through external validation.

Part 2: Discovering Your North Star: This part will offer practical strategies and exercises to help readers identify their unique values, passions, and talents. It will emphasize self-reflection, mindfulness, and exploring different life paths to discover what truly resonates with their souls.

Part 3: The Ripple Effect: This section focuses on the power of contributing to something larger than oneself. It will explore various avenues for making a positive impact – volunteering, activism, mentorship, creative expression – demonstrating how contributing to a greater good fosters a sense of purpose and belonging.

Part 4: Sustaining the Ascent: This final section will address the challenges of maintaining a sense of purpose amidst life's inevitable setbacks and changes. It will provide tools and strategies for resilience, self-compassion, and cultivating a growth mindset, ensuring that the reader's "higher call" remains a guiding force throughout their life.

Ebook Description:

Are you feeling lost, unfulfilled, and disconnected despite achieving external success? In today's fast-paced world, many chase accomplishments only to find themselves empty inside. The constant pursuit of more – more money, more status, more followers – leaves a void that can never be filled by material gains. What if there was a deeper purpose, a "higher call" waiting to be discovered?

"A Higher Call: Finding Purpose and Meaning in a Distracted World" by Adam Makos provides a powerful and practical roadmap to discovering your true calling and living a life of profound meaning. Through insightful storytelling, personal reflection, and evidence-based strategies, this book will guide you on a journey of self-discovery and fulfillment.

This book includes:

Introduction: Understanding the modern crisis of meaning
Chapter 1: The Empty Echo: Examining the root causes of dissatisfaction.
Chapter 2: Discovering Your Values: Uncovering your core beliefs and passions.
Chapter 3: Identifying Your Talents: Recognizing your unique strengths and gifts.
Chapter 4: Exploring Different Paths: Experimenting with different avenues for fulfillment.
Chapter 5: The Ripple Effect: The power of contributing to something greater.
Chapter 6: Overcoming Obstacles: Building resilience and navigating setbacks.
Chapter 7: Cultivating a Growth Mindset: Embracing challenges and continuous learning.
Conclusion: Living a Life of Purpose and Meaning

Article: A Higher Call: Finding Purpose and Meaning in a Distracted World

H1: Understanding the Modern Crisis of Meaning (Introduction)

The modern world, characterized by unprecedented technological advancements and globalization, has paradoxically led to a widespread sense of meaninglessness and dissatisfaction. While material advancements have improved our lives in many ways, they haven't necessarily translated into greater happiness or fulfillment. This disconnect stems from a cultural shift towards external validation, instant gratification, and a relentless pursuit of achievement that often leaves us feeling empty despite outward success.

H2: The Empty Echo: Examining the Root Causes of Dissatisfaction (Chapter 1)

This chapter delves into the psychological underpinnings of this modern malaise. We explore the impact of social media's curated realities, the relentless pressure of consumerism, and the corrosive effects of comparison on our self-esteem and sense of worth. We analyze how societal expectations, often rooted in outdated models of success, can lead individuals down paths that ultimately leave them feeling unfulfilled.

H3: Discovering Your Values: Uncovering Your Core Beliefs and Passions (Chapter 2)

Identifying your core values is crucial to finding your higher call. This chapter provides practical exercises and self-reflection techniques to help readers uncover what truly matters to them. Through introspection and journaling, readers can identify the principles that guide their decisions and actions, clarifying their priorities and aligning their actions with their deepest values. We will explore different value frameworks and methodologies for uncovering one's guiding principles.

H4: Identifying Your Talents: Recognizing Your Unique Strengths and Gifts (Chapter 3)

This section focuses on recognizing and leveraging your unique talents and abilities. It encourages readers to move beyond self-doubt and limiting beliefs to identify their strengths and how they can be used to contribute to their lives and the world around them. We will discuss methods for identifying skills and strengths, even those hidden or underdeveloped.

H5: Exploring Different Paths: Experimenting with Different Avenues for Fulfillment (Chapter 4)

The path to fulfillment is rarely linear. This chapter encourages experimentation and exploration. It provides strategies for stepping outside of comfort zones and trying new things to discover hidden passions and talents. We explore different career paths, hobbies, and volunteer opportunities, emphasizing the importance of iterative learning and adjusting course along the way.

H6: The Ripple Effect: The Power of Contributing to Something Greater (Chapter 5)

This section explores the profound impact of contributing to something larger than oneself. We delve into the science of altruism and its effect on our well-being. Examples of making a difference – volunteering, activism, mentorship, and creative contributions – are used to illustrate the power of positive impact, both on the individual and the community.

H7: Overcoming Obstacles: Building Resilience and Navigating Setbacks (Chapter 6)

The journey towards a higher call is not always smooth. This chapter provides practical strategies for developing resilience, managing setbacks, and maintaining a sense of purpose in the face of adversity. We address the importance of self-compassion, reframing negative experiences, and seeking support when needed.

H8: Cultivating a Growth Mindset: Embracing Challenges and Continuous Learning (Chapter 7)

A growth mindset is essential for sustaining a sense of purpose. This chapter explores the power of embracing challenges as opportunities for growth and learning. We discuss strategies for developing a growth mindset, celebrating progress, and approaching setbacks as learning experiences.

H9: Living a Life of Purpose and Meaning (Conclusion)

This concluding chapter synthesizes the key concepts of the book, emphasizing the ongoing nature of the journey towards a higher call. It offers a framework for integrating the principles discussed into daily life, creating a life that is both personally fulfilling and contributes positively to the world.

FAQs:

1. Is this book only for people feeling lost? No, it's for anyone seeking a deeper sense of purpose and meaning in their lives, regardless of their current circumstances.
2. What if I don't know what my passions are? The book provides exercises and tools to help you uncover hidden passions and talents.
3. Is this a religious book? No, it's a secular exploration of finding meaning and purpose.
4. How much time commitment is required? The book encourages consistent self-reflection, but the time commitment is flexible.
5. Can I read this book if I'm already successful? Absolutely! Many successful people still search for deeper meaning.
6. What if I experience setbacks after reading this? The book addresses how to navigate setbacks and build resilience.
7. Is this book only for young adults? No, it's relevant for people of all ages and life stages.
8. Does the book provide specific career advice? While it doesn't offer specific career paths, it helps you identify values and talents to guide your career choices.
9. Where can I find support after reading? Consider joining online communities or seeking mentorship to continue your journey.

Related Articles:

1. The Psychology of Meaning: Exploring the Human Need for Purpose: An in-depth exploration of the psychological factors driving our search for meaning.
2. The Impact of Social Media on Self-Esteem and Well-being: An analysis of social media's influence on our sense of self-worth.
3. Cultivating Mindfulness: A Practical Guide to Self-Awareness: Techniques for developing self-awareness and understanding your inner world.
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5. The Power of Altruism: How Helping Others Benefits You: An examination of the benefits of contributing to a greater cause.
6. Building Resilience: Strategies for Overcoming Adversity: Practical tools for coping with setbacks and building resilience.

7. The Growth Mindset: Embracing Challenges and Fostering Self-Improvement: An in-depth look at the principles of a growth mindset.
8. Finding Your Passion: A Guide to Identifying and Pursuing Your True Calling: Strategies for identifying and pursuing your unique passions.
9. The Importance of Community: Building Connections and Fostering Belonging: The role of community in building a sense of purpose and belonging.

Additional Resources

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1 : having a complex organization : greatly differentiated or developed phylogenetically usually used in the comparative degree of advanced types of plants and animals the higher algae the ...

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that rises to ...

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Higher can be defined as something that is positioned or located at a greater distance from the ground, or at a greater level or rank in a hierarchical structure.

HIGHER Definition & Meaning - Merriam-Webster

1 : having a complex organization : greatly differentiated or developed phylogenetically usually used in the comparative degree of advanced types of plants and animals the higher algae the ...

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