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The Point Is: Making Sense of Birth, Death, and Everything in Between

Lee Eisenberg

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In this engaging and provocative new book, Lee Eisenberg, bestselling author of *The Number*, dares to tackle nothing less than what it takes to find enduring meaning and purpose in life.

He explains how from a young age, each of us is compelled to take memories of events and relationships and shape them into a one-of-a-kind personal narrative. In addition to sharing his own pivotal memories (some of them moving, some just a shade embarrassing), Eisenberg presents striking research culled from psychology and neuroscience, and draws on insights from a pantheon of thinkers and great writers-Tolstoy, Freud, Joseph Campbell, Virginia Woolf, among others.

We also hear from men and women of all ages who are wrestling with the demands of work and family, ever in search of fulfillment and satisfaction.

It all adds up to a fascinating story, delightfully told, one that goes straight to the heart of how we explain ourselves *to* ourselves-in other words, *who we are* and *why*.

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