

On Unraveling Life's Riddle

Back cover:

Happiness is fleeting, but meaning endures – even through terrible unhappiness. This book, written by a professor who trains psychotherapists and teaches philosophy, helps unravel the riddle of how to bring meaning to your life. At times, you're troubled. You ask, "What is the right way for me?" "Why is it so hard to find a sense of direction?" These questions are explored intimately through consultations with individuals sharing the detail of their search for meaning, and through illuminating discussions of writers like Victor Frankl, Albert Camus, and Socrates. The author's own struggles for meaning are explored and she outlines a disciplined technique for uncovering meaning in life. This meaning becomes a north star for navigation and appears in the overlap between an identity and a worldview.

Dr. Tami Yaguri is an Assistant Professor of Existential Philosophy in Israel. She is known for her clear and friendly style in public lectures on philosophy in film and in everyday life.

"Here is a book about the meanings of life, in which poetry, anecdote, philosophy, psychology, therapy, personal experience and therapeutic illustrations come together in a rich and colourful tapestry, for us to enjoy and revel in as well as to unravel."

Prof. Emmy van Deurzen, author and therapist

"Rich in theme and variation, this is essential reading for anyone who has wondered about meaning in their life or in the lives of friends and family. It breaks new ground on every page."

Prof. Edward F. Mooney, Departments of Philosophy and Religion, Syracuse University

"*Unraveling Life's Riddle* is a marvel of clarity and depth. Confronting the hard questions of existence as examined by the greatest thinkers of Western civilization is no easy task but Tami Yaguri is intrepid and wise – and a good story teller to boot."

Irvin Yalom, M.D., Professor Emeritus of Psychiatry, Stanford University

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“Tami Yaguri has written a book about meaning in life that looks deeply at the answers philosophers and psychoanalysts have given to the question of meaning and at the same time cares deeply about the people who search for meaning in their lives.”

Dr. Dana Lloyd

“Yaguri is not merely proposing a theory that could be defended in an academic journal. She interviews actual interlocutors, trying to tease out for them their life’s meaning as they would accept it.”

Prof. Tzachi Zamir

“I was not prepared for the ways in which Yaguri brings together such a diversity of views and techniques in a single book. The book crosses many disciplinary boundaries; indeed, Yaguri bridges the perceived gap between the interests and methods of traditional philosophy and psychology with an emphasis on existential philosophy and psychotherapy.”

Dr. Emma M. Brodeur

“*Unraveling Life's Riddle* is astute, lyrical and inspiring. It speaks to specialists and to the wide humanity James, Kierkegaard, and Fromm engage. Recently, Harry Frankfurt, Thomas Nagel, and Susan Wolf, among others, have offered books addressed to professors *and* to the proverbial woman on the street. This is good news. Yaguri’s *Unraveling Life's Riddle* belongs on a shelf with them. The counterpoint of classical thinkers, autobiographical revelations, and one-on-one dialogues shapes its seductive tang of life.”

Prof. Edward F. Mooney

“Yaguri has written a personal and thoughtful book, which invites the reader to join her on a journey in the search for meaning in life and in love. She introduces the perspective of different thinkers while weaving in her own experiences, insights and struggles. Throughout the book, I enjoyed the honesty and passion in her journey—the movement between the philosophical, the psychological, and the existential in her own personal quest.”

Dr. Nirit Gordon

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“The traditions of existentialism and psychoanalysis are in dire need in our modern world, as they can help reintroduce a concern for living that academic philosophy often forgets, and I continue to believe that this is true. In this light, Yaguri’s work is a welcome one.”

Dr. Jamie Aroosi

“Our author teaches philosophy, trains psychotherapists, and has a novelist’s gift for vivid storytelling. My only complaint has to do with shelving. I can quickly put it under ‘my favorite books.’ But if I try to decide between shelving it as psychology, or philosophy, as autobiography or biography, I’m defeated. It falls in the cracks and that’s what makes it brilliantly unique.”

Ed