



[The Power of Purpose](#)

[Living Well by Doing Good](#)

By Peter S. Temes

★★★★★ (5 stars)

Buy this book if you:

- *Want a book on purpose that fits in the business world*
- *Need ways to talk about purpose and fulfillment with those who don't share a Biblical world view*

This volume explores the theme of finding fulfillment through living a life of service and generosity. Peter S. Temes, a humanities professor and corporate consultant, draws on great thinkers down through the ages to posit what makes a life well-lived.

I really enjoyed reading this book, and have gone back to it several times because it presents powerful ideas in compelling ways, and lays out biblical themes like service and humility from a perspective that fits in the business or secular arenas. It's a great asset for a coach to be able to talk about purpose from other sources than just the Bible.

Temes begins by laying out three levels of thinking: focusing on how I see and feel about myself, focusing on how others see me, and focusing on how others see or feel about themselves. A central idea of the book is that by focusing on what is important to others, and helping them, you become part of a larger, richer world, and live a larger, richer life. By contrast, when you are in love with your own story, use your resources to make sure you get what you want, your world contracts and there are fewer opportunities for true satisfaction.

He effortlessly pulls ideas from Aristotle ("real happiness is a function of years of doing the right thing"), Augustine ("Fighting *against* what you don't like is less important and less productive than fighting *for* what you love"), and eastern and western thinking (change the world vs. make your peace with it) to weave together a powerful argument for living for the greater good. He also makes some great practical applications, like "the greatest competitive advantage you can have [in business] is a carefully thought-out commitment to helping others in the long run."

Summary

This book does a great job of talking about purpose and fulfillment from biblical ideas that have pervaded culture. While Temes doesn't shy away from spirituality, this book is right at home in the business world where many of us coach. And no matter what context you coach in, any life coach or business coach would benefit from learning how



to be more conversant in this kind of dialog. This book is an excellent choice for getting Christians or non-Christians alike to think about what they are really living for.

Reviewed by:

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