

# Virtual Literary Event

## On Living a Meaningful Life

With authors Frank Martela and Emily Esfahani Smith



**Tuesday, September 22, at 6 pm (EDT)**

How do you find deeper meaning and fulfillment in your life? Is happiness a worthy goal? The search for life's meaning is perhaps the most important quest we can undertake. Luckily, enriching the meaningfulness of your everyday life is easier than you think, and these two great authors can give you some ideas for this.

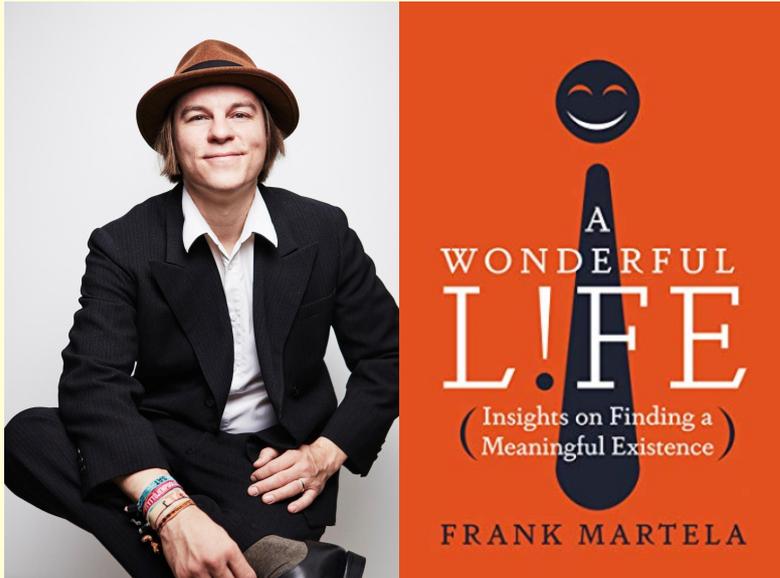
Frank's book *A Wonderful Life* was published in March 2020. It has already been translated into 21 different languages. Emily's book *The Power of Meaning*, an international bestseller, has been translated into 16 different languages.

### **Program:**

Welcome words by Suvi Järvelä-Hagström, Cultural Counselor, Embassy of Finland  
Discussion about meaningful life between Frank Martela and Emily Esfahani Smith  
Q&A from audience, moderated by Chris Watson, East City Bookshop

The event will be organized via Zoom. Sign up to the event [HERE](#)

## Frank Martela

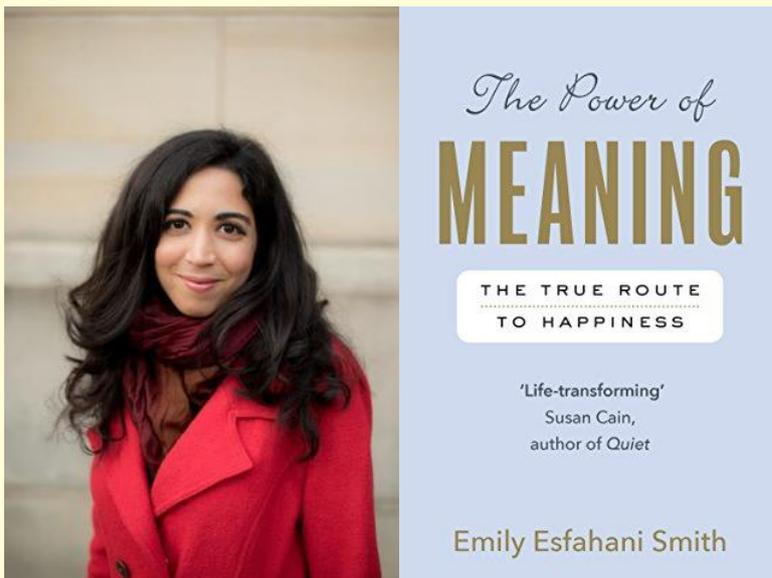


Frank is an author, philosopher and researcher of psychology. He specializes in sources of human happiness and meaningful life. He is also an expert on happiness of nations and why Finland and other Nordic countries are so happy. His book *A Wonderful Life: Insights for Finding a Meaningful Existence* was published on March 24, 2020 by Harper Design, an imprint of HarperCollins Publishers. The book has already been sold to 23 countries by Elina Ahlback Literary Agency. Frank's work has been featured on the *BBC* and on *Quartz*, and he has been interviewed by the *New York Times*. Frank's articles have appeared in *Scientific American Mind*, *Harvard Business Review* and *Salon*.

His research has been published in many academic journals, such as *Review of General Psychology*, *Journal of Positive Psychology*, *Journal of Happiness Studies* and *Metaphilosophy*. He has spoken in front of over 100 audiences and lectured at universities worldwide, including Stanford and Harvard Universities. Frank holds two PhDs and is based at Aalto University in Helsinki.

[www.frankmartela.com](http://www.frankmartela.com)

## Emily Esfahani Smith



Emily is a writer based in Washington DC. She draws on psychology, philosophy, and literature to write about the human experience – why we are the way we are and how we can find grace and meaning. Her book *The Power of Meaning*, an international bestseller, was published by Crown and has been translated into 16 different languages. Emily's articles and essays have appeared in e.g. the *New York Times*, *Wall Street Journal* and *The Atlantic*. She is the former managing editor of *The New Criterion*. Emily has also appeared on NBC's *TODAY Show*, *CBS This Morning*, and *NPR*. Emily holds a master's degree in positive psychology from the University of Pennsylvania. She is also a doctoral candidate in clinical psychology in catholic University.

[www.emiliesfahanismith.com](http://www.emiliesfahanismith.com)