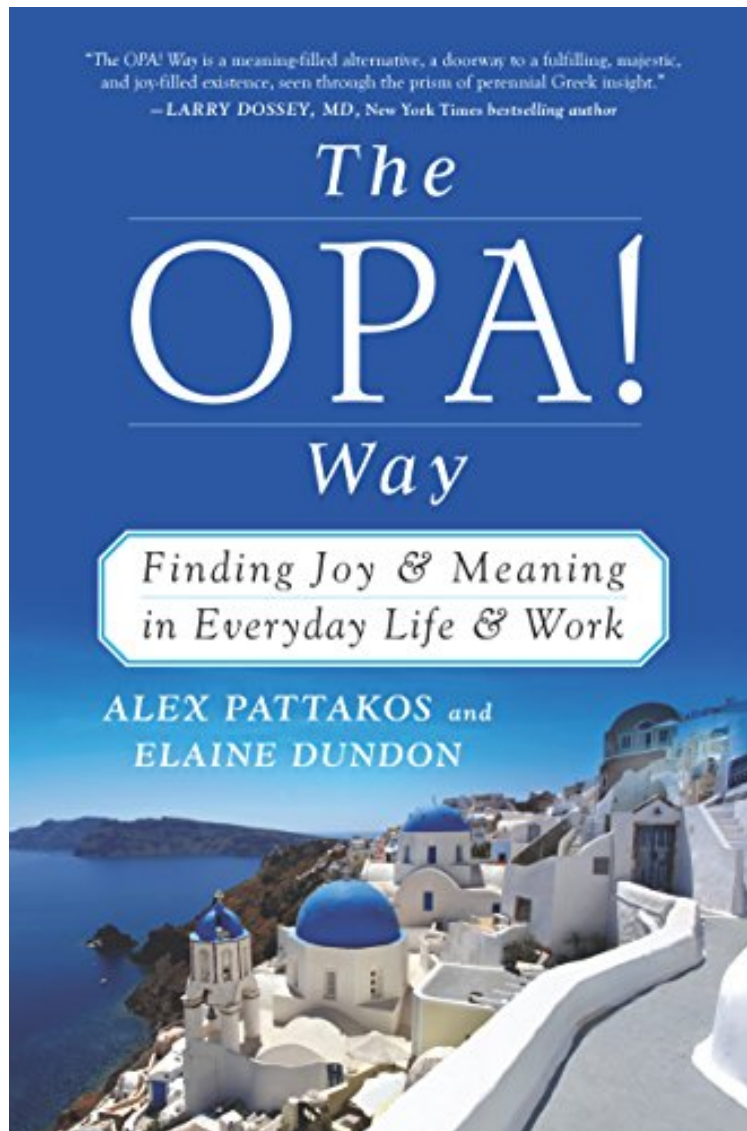


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# The OPA! Way: Finding Joy Meaning in Everyday Life Work

*Alex Pattakos*

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**Alex Pattakos : The OPA! Way: Finding Joy Meaning in Everyday Life Work** before purchasing it in order to gage whether or not it would be worth my time, and all praised The OPA! Way: Finding Joy Meaning in Everyday Life Work:

1 of 1 people found the following review helpful. Say YES! to Meaningful Life, with OPA!By Katina VaselopulosI first learned about Dr. Alex Pattakos and his coming-up book a while back, when he explained in a short video the idea and meaning behind the Greek utterance, OPA! This three-letter word, voiced by Greeks all over the world with joy and exuberance, expresses enthusiasm in lifersquo;s amusing times. The sentiment and wisdom behind this simple expression with roots back in Homeric times was so powerful that kept me anticipating the publishing of his

book. Having pursued my own journey to Ithaca with both literal travel as well as spiritual quests, I totally appreciate the odyssey on which Dr. Alex Pattakos and Elaine Dundon embarked and the lessons they share. Advocates of the Meaning Movement, the bestselling authors are passionate about the Greek culture and its wisdom for wellness, peaceful and joyful living, and excellence. Intending to throw light on the topic of meaning, they have succeeded in taking the ancient Greek philosophers and their wisdom out of the old texts and philosophy classes and link them to today's world through the stories and attitude of simple yet wise villagers and islanders they met during their journey in Greece. Their exceptional book "The OPA! Way: Finding Joy and Meaning in Everyday Life and Work" is an uncomplicated handbook that reflects the authors' knowledge of ancient and modern philosophies and universal truths. Greek wisdom, eternal values, and ethos, as well as wellness and moderation are at the heart of this book. Meaningful connections, purpose, and attitude are shown to be vital to the meaningfulness of life, helping thus individuals and communities, while contributing to the evolution of a healthier and finer world. "The OPA! Way" offers encouragement and wisdom with principal lessons, guiding readers through their own journey. The book's introduction sets the groundwork and draws the reader in. The three main sections talk about three important steps that we should take: connecting meaningfully with others through hospitality and honor in village communities; engaging with deeper purpose to know one's self while living with virtue and joy; and embracing the fullness of life without fear but rather with appreciative attitude, courage, trust, and acceptance. The concluding chapter outlines the above fundamental OPA! insights. The remarkable variety of inspirational quotations of Greek thinkers and philosophers, including Pythagoras, Heraclitus, Socrates, Plato, Aristotle, Epictetus, and Hippocrates, as well as their relevance in today's life, emphasize the developed themes. The well-thought affirmations reinforce the idea that positive thinking brings better results than doubt, fear, and negativity. The stories from Greece and the wisdom of simple yet wise people validate the premise of the book. The authors' recommendations encourage a life of virtue, goodness, honesty, decency, and kindness. They show that, when it comes to connections with others, virtue motivates justice and respect while inspires courage and patience in the course of affliction, as well as moderation and discretion throughout life. I sincerely recommend the OPA! book to everyone, whether already on the right path or not. This excellent life-changing read will keep you progressing forward to greater joy and fulfillment in your search for meaning and purpose in your everyday life and work by helping you to master the eternal universal virtues and connect to your eternal soul and natural tendency for happiness.

1 of 1 people found the following review helpful. A GEM OF A BOOK!!! By HVI just finished reading this book all I can say is "WOW!" It is truly phenomenal - a treatise on life. It will instantly change how you live your life on a daily basis. It brought me back to my days as a philosophy major, which I had almost forgotten how much I loved studying all the great philosophers why I majored in it in the first place. It pinpointed precisely why I have such fond memories of visiting my parents' small village in Greece all the lifelong connections I have as a result, which is hard to establish nowadays in our busy, pressed lives. It is replete with pearls of wisdom that will open your eyes to new possibilities and opportunities in your own life. You WILL be a better person for having read this book. It is the kind of book that you will want to keep as a family treasure pass on to your loved ones - it is that exquisite truly unique!

1 of 1 people found the following review helpful. A wonderful book! Beautiful and inspirational! By C Lappas I'm currently reading this book, and I've truly been enjoying it! A wonderful book! Beautiful and inspirational! I'm reading it slowly to absorb and savor all the great reminders and lessons on finding joy meaning in everyday life! There are so many things I love about this book -- from the depictions of beautiful Greece and the Greek people village life, to the simple ways we can transform our lives from ordinary into extraordinary in our everyday lives, to the quotes of the Greek philosophers filled with truth meaning, to the tidbits about Greek history culture I've been able to learn more about...to so much more. Take the journey and find your OPA way!

Named the "2015 Self-Help Book of the Year" at the New Mexico-Arizona Book Awards In chasing the good life, many of us sacrifice our relationships, our health, and our sanity, but at the end of the day, we still find ourselves with lives and work that bring us little fulfillment. Life isn't about the pursuit of happiness, which is superficial and fleeting. It's about meaning, which helps us realize our full potential, and knowing that our lives and work matter regardless of circumstances. Dr. Alex Pattakos and Elaine Dundon, two bestselling authors and leaders of the Meaning Movement, give readers *The OPA! Way: Finding Joy Meaning in Everyday Life Work*. Inspired by the wisdom of ancient Greek philosophy and traditional village values, and backed by years of research, *The OPA! Way* provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life. Pattakos and Dundon demystify the subject of meaning by sharing insights, stories, and three core lessons to guide you on your odyssey: Connect meaningfully with Others Engage with deeper Purpose Embrace life with Attitude Stop searching for happiness and start searching for meaning. Create the life you want, *The OPA! Way*.

"The OPA! Way facilitates our discovering again, awakening, the psyche of our own personal and collective psychology amidst the business of today's life. In its pages, there is much wisdom to be gained for living more positive, fulfilling, and meaningful lives." Dr. Brent Potter, *New York Journal of Books* *The OPA! Way* is a meaning-

filled alternative, a doorway to a fulfilling, majestic, and joy-filled existence, seen through the prism of perennial Greek insight.”; Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters* At a time when the world seems to be plunging ahead into a future dominated by information technology . . . The OPA! Way offers something else: a life based on values that go back to ancient Greece; a world in which friends and neighbors spend time together exchanging ideas and experiences; and a future in which service to others offers the richest personal rewards.”; Michael S. Dukakis, former Massachusetts governor and US presidential nominee; distinguished professor of political science This is a profound, soul-enriching philosophy that captures the true meaning and essence of our lives. The OPA! Way is guaranteed to change the way you see the world forever. I recommend everyone read this book.”; Debbie Matenopoulos, author of the bestselling cookbook *It’s All Greek to Me* and two-time Emmy Award nominee The authors are able to show us the profound truth that meaningfulness lies in connecting with meaningful relationships, deeper purpose, and an appreciative attitude. Alex Pattakos and Elaine Dundon have just written another bestseller!”; Dr. Paul T. P. Wong, editor of *The Human Quest for Meaning*, 2nd edition A must-read . . . as the daily affirmations of The OPA! Way are time-tested methods on how to live the good life and enjoy yourself”; in the pursuit of happiness in a way that honors and best serves the well-being of individuals, communities, and, in turn, all of humanity.”; George Elias Stephanopoulos, executive producer of *Golf in the Kingdom* and creator of the film *Swing Away* This is an extraordinary book with many insights and directions for leading a healthier, happier, and more meaningful life. Congratulations to Alex Pattakos and Elaine Dundon for your exceptional contribution to Living.”; E. Mike Vasilomanolakis, MD, chief of staff and director, cardiology division, Community Hospital of Long Beach, California; Grammy Award-winning music producer Alex Pattakos and Elaine Dundon have done it again. With *The OPA! Way*, they brilliantly articulate that we all need meaningful relationships, must engage with deeper purpose, and must tackle life with the goal that we can truly make a difference. This book is indeed a prescription for lives worth living for all of us!”; The Honourable Carolyn Bennett, MD, member of Parliament (Canada)