

## **The Little Book of Meaning**

By Laura Berman Fortgang  
Tarcher/Penguin, \$21.95,  
240 pages



Fortgang is a life-coach who often ran into the same issue with her clients: a desire for a meaning to their lives. Through her own depression and difficulties, Fortgang has found a meaning and, here, lays out a five-step process that has helped both her and her clients. By focusing on five other "M's" - Mystery, Minister, Magnificence, Mind, and Mystic - *The Little Book of Meaning* can help those still unfulfilled by their lives find peace and meaning. There is an element of New Age mysticism (the Mystic and Mind parts) that some Christians may have issues with, but, other than that, her program is often seen in self-help books and programs. Fortgang shares many of her experiences, from her failed attempt at becoming a Broadway actress to dealing with depression. Her writing is easy to read and inspirational. A good book for people looking for meaning and fulfillment in a non-religious book.



Reviewed by Ross Rojek