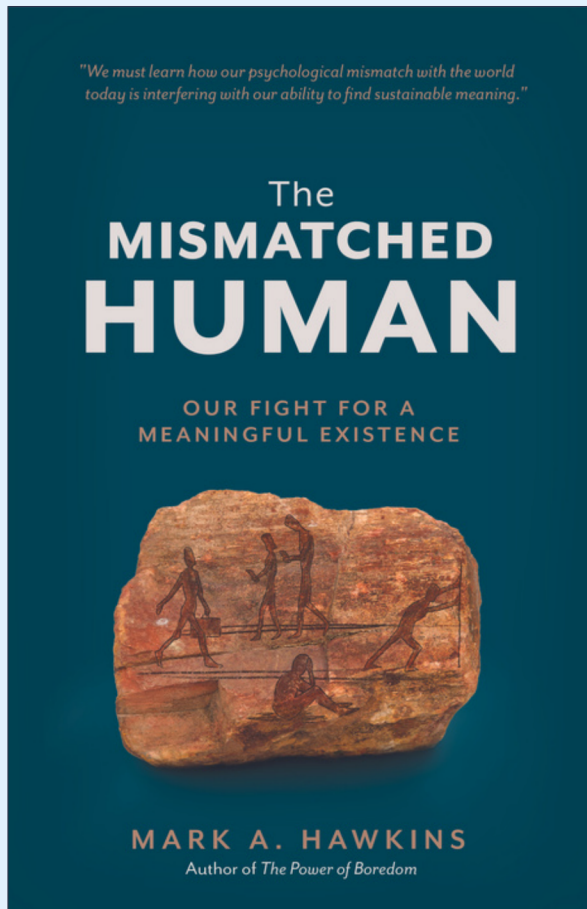


# The Mismatched Human: Our Fight for a Meaningful Existence



In today's world, we have unlimited options for lifestyles, belief systems, and social movements that demand our attention and promise to provide us with a fulfilling purpose to live by.

We have the urge to grab onto something, anything that will give us a sense of grounding and clarity, yet we don't feel comfortable with settling on any one of them, lest we miss out on a better option just a phone swipe away.

With so many options and so much uncertainty, it's no wonder the majority of us default to aligning our lives with the loudest, most popular, and therefore, the most psychologically and emotionally safe option.

But despite our best efforts, it is becoming more and more difficult to reconcile our day to day lives with an undeniable dissonance within.

How did we get here? And how do we begin to sift through the excess of meanings that have emerged in this post-modern, relativistic world?

In this timely exploration, Dr. Mark Hawkins takes us on a journey from the Paleolithic to the 21st century to figure out why we are collectively experiencing a crisis of meaning. Through insights informed by philosophy, psychology, and anthropology, he shows us why we feel profoundly mismatched with our modern-day reality. At the end, Dr. Hawkins shares his ideas for how we might create a sustainable meaning system to finally feel aligned with our world again.