



Lessons from Desiderata: Psychological Perspectives on a Poem by Max Ehrmann

Michael Slavit Ph.D.

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For nearly a century, Max Ehrmann's famous poem "Desiderata" has inspired people. But what do you *do* with stirring words? How do you act on the insights they provide? How can they change your life in an enduring way?

Rather than presenting an interpretation of the poem, psychologist Michael R. Slavit, PhD, shares his practical and psychological perspectives on how to live its truths. Organizing the poem into nineteen offerings, he suggests concrete ways you can practice Ehrmann's wisdom in your everyday life.

From being on good terms with all people, to speaking your truth quietly and clearly, to keeping peace in your soul, the lessons covered in this poem are all encompassing. Though "Desiderata" serves as a springboard, this guide draws from Dr. Slavit's forty-year career in human services and provides proven principles for happiness as well as ways to recognize and refute typical irrational beliefs.

Grounded in psychology, philosophy, and science, *Lessons from Desiderata* helps you achieve the peace and joy the poem encourages as you learn to "be gentle with yourself" and "be cheerful"—no matter what life throws your way.

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