

Man's Search for Meaning

- by Frankl, Viktor E.

"Typically, if a book has one passage, one idea with the power to change a person's life, that alone justifies reading it, rereading it, and finding room for it on one's shelves. "

loc 16-17 | Monday, March 6, 2023 12:07:31 PM

"the course of the book, Frankl approvingly quotes the words of Nietzsche: "He who has a Why to live for can bear almost any How. "

loc 20-21 | Monday, March 6, 2023 12:08:30 PM

"Nietzsche: "He who has a Why to live for can bear almost any How. "

loc 21-21 | Monday, March 6, 2023 12:08:34 PM

"Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Alfred Adler taught, but a quest for meaning. "

loc 27-28 | Monday, March 6, 2023 12:09:32 PM

"we give our suffering meaning by the way in which we respond to "

loc 30-30 | Monday, March 6, 2023 12:10:25 PM

"we give our suffering meaning by the way in which we respond to it. "

loc 30-30 | Monday, March 6, 2023 12:10:29 PM

"Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. "

loc 34-35 | Monday, March 6, 2023 12:11:25 PM

". For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. "

loc 80-81 | Monday, March 6, 2023 12:18:22 PM

"—success will follow you precisely because you had forgotten to think of it "

loc 83-84 | Monday, March 6, 2023 12:19:17 PM

"for the war gave us the war of nerves and it gave us the concentration camp. "

loc 148-149 | Monday, March 6, 2023 12:48:51 PM

"once lost, the will to live seldom returned. "

loc 161-161 | Monday, March 6, 2023 12:50:21 PM

"not know their meaning. My imagination led me to see gallows "

loc 175-176 | Monday, March 6, 2023 12:52:26 PM

“In psychiatry there is a certain condition known as “delusion of reprieve.” The condemned man, immediately before his execution, gets the illusion that he might be reprieved at the very last minute. ”

loc 184-186 | Monday, March 6, 2023 8:51:41 PM

“they would be relieved by a new shift of men, and that they would have to leave their enforced role of executioner and become victims themselves. ”

loc 197-198 | Monday, March 6, 2023 8:52:48 PM

“Those who were sent to the left were marched from the station straight to the crematorium. ”

loc 213-214 | Monday, March 6, 2023 8:55:34 PM

“We knew that we had nothing to lose except our so ridiculously naked lives. ”

loc 258-258 | Monday, March 6, 2023 9:02:52 PM

“The first night in Auschwitz we slept in beds which were constructed in ”

loc 269-269 | Monday, March 6, 2023 9:05:35 PM

“And yet sleep came and brought oblivion and relief from pain for a few ”

loc 273-273 | Monday, March 6, 2023 9:06:22 PM

“And yet sleep came and brought ”

loc 273-273 | Monday, March 6, 2023 9:06:25 PM

“And yet sleep came and brought oblivion and relief from pain for a few hours. I would like to mention a few similar surprises ”

loc 273-274 | Monday, March 6, 2023 9:06:31 PM

“And yet sleep came and brought oblivion and relief from pain for a few hours. ”

loc 273-273 | Monday, March 6, 2023 9:06:35 PM

“Yes, a man can get used to anything, but do not ask us how ”

loc 280-280 | Monday, March 6, 2023 9:58:59 PM

“If you want to stay alive, there is only one way: look fit for work. ”

loc 298-298 | Monday, March 6, 2023 10:01:43 PM

“shave, stand and walk smartly; then you need not be afraid of gas ”

loc 301-302 | Monday, March 6, 2023 10:02:10 PM

““There are things which must cause you to lose your reason or you have none to lose.” ”

loc 305-306 | Monday, March 6, 2023 10:02:53 PM

“The most painful part of beatings is the insult which they imply ”

loc 358-359 | Tuesday, March 7, 2023 6:13:57 AM

“no dream, no matter how horrible, could be as bad as the reality of the camp which surrounded ”

loc 417-418 | Tuesday, March 7, 2023 6:21:04 AM

“no dream, no matter how horrible, could be as bad as the reality of the camp which surrounded us, ”

loc 417-418 | Tuesday, March 7, 2023 6:21:07 AM

“love is the ultimate and the highest goal to which man can aspire. ”

loc 519-519 | Tuesday, March 7, 2023 8:50:28 AM

“The salvation of man is through love and in love. ”

loc 520-521 | Tuesday, March 7, 2023 8:54:10 AM

““The angels are lost in perpetual contemplation of an infinite glory.” ”

loc 524-525 | Tuesday, March 7, 2023 1:16:16 PM

“Love goes very far beyond the physical person of the beloved ”

loc 532-532 | Tuesday, March 7, 2023 1:20:47 PM

“There was no need for me to know; nothing could touch the strength of my love, my thoughts, and the image of my beloved ”

loc 535-536 | Tuesday, March 7, 2023 1:21:54 PM

“known then that my wife was dead, I think that I would ”

loc 536-536 | Tuesday, March 7, 2023 1:22:17 PM

“love is as strong as death.” ”

loc 538-538 | Tuesday, March 7, 2023 1:22:57 PM

“Is there such a thing in a concentration camp? It rather depends on what one chooses to call art ”

loc 564-564 | Tuesday, March 7, 2023 11:11:55 PM

“The violin wept and a part of me wept with it, for on that same day someone had a twenty-fourth birthday. ”

loc 586-586 | Tuesday, March 7, 2023 11:16:28 PM

“frequent playing. The ”

loc 586-586 | Tuesday, March 7, 2023 11:16:32 PM

“The violin wept and a part of me wept with it, ”

loc 586-586 | Tuesday, March 7, 2023 11:16:38 PM

“Weeping ”

loc 586 | Tuesday, March 7, 2023 11:16:54 PM

“No man should judge unless he asks himself in absolute honesty whether in a similar situation he might not have done the same. ”

loc 645-646 | Wednesday, March 8, 2023 3:24:24 AM

“ ”

loc 675 | Wednesday, March 8, 2023 1:38:22 PM

“ ”

loc 1185 | Wednesday, March 8, 2023 1:44:57 PM

“The prisoner craved to be alone with himself and his thoughts. ”

loc 684-685 | Wednesday, March 8, 2023 4:10:39 PM

“we had no documents; everyone was lucky to own his body, which, after all, was still breathing ”

loc 710-711 | Wednesday, March 8, 2023 4:13:59 PM

“the rubbish, finding the rucksack and even a toothbrush, I suddenly saw, among all the things that had been left behind, the body of a woman. ”

loc 768-769 | Wednesday, March 8, 2023 4:20:04 PM

“suddenly saw, among all the things that had been left behind, the body of a woman. ”

loc 768-769 | Wednesday, March 8, 2023 4:20:07 PM

“toothbrush, I suddenly saw, among all the things that had been left behind, the body of a woman. ”

loc 768-769 | Wednesday, March 8, 2023 4:20:17 PM

“I suddenly saw, among all the things that had been left behind, the body of a woman. ”

loc 768-769 | Wednesday, March 8, 2023 4:20:23 PM

“the last of the human freedoms—to choose one’s attitude in any given set of circumstances ”

loc 862-863 | Sunday, March 12, 2023 7:35:53 AM

“The way in which a man accepts his fate and all the suffering it entails, the way in which he takes up his cross, gives him ample opportunity—even under the most difficult circumstances—to add a deeper meaning to his life. ”

loc 880-882 | Sunday, March 12, 2023 7:38:32 AM

“man’s inner strength may raise him above his outward fate. ”

loc 887-887 | Sunday, March 12, 2023 7:40:11 AM

“when writing or relating their experiences, agree that the most depressing influence of all was that a prisoner could ”

loc 910-911 | Sunday, March 12, 2023 7:42:48 AM

“With the end of uncertainty there came the uncertainty of the end. It was ”

loc 915-916 | Sunday, March 12, 2023 7:43:27 AM

“With the end of uncertainty there came the uncertainty of the end. ”

loc 915-916 | Sunday, March 12, 2023 7:43:32 AM

“When the impossibility of replacing a person is realized, it allows the

responsibility which a man has for his existence and its continuance to appear in all its magnitude ”

loc 1033-1034 | Monday, March 13, 2023 6:26:13 AM

“human life, under any circumstances, never ceases to have a meaning, and that this infinite meaning of life includes suffering and dying, privation and death. ”

loc 1071-1072 | Thursday, March 16, 2023 7:42:00 AM

“Human kindness can be found in all groups, even those which as a whole it would be easy to condemn. ”

loc 1104-1104 | Thursday, March 16, 2023 7:46:06 AM

“—the “race” of the decent man and the “race” of the indecent man. ”

loc 1111-1112 | Thursday, March 16, 2023 7:46:58 AM

““Freedom”—we repeated to ourselves, and yet we could not grasp it. ”

loc 1124-1125 | Thursday, March 16, 2023 7:49:26 AM

“We had literally lost the ability to feel pleased and had to relearn it slowly. ”

loc 1130-1131 | Thursday, March 16, 2023 7:50:12 AM

““depersonalization.” Everything appeared unreal, unlikely, as in a dream. ”

loc 1132-1132 | Thursday, March 16, 2023 7:50:21 AM

“no one has the right to do wrong, not even if wrong has been done to them. ”

loc 1162-1163 | Thursday, March 16, 2023 7:54:18 AM

“it was not that which gave us courage and gave meaning to our suffering, our sacrifices and our dying. And yet we were not prepared for unhappiness ”

loc 1182-1183 | Thursday, March 16, 2023 7:56:46 AM

“for every one of the liberated prisoners, the day comes when, looking back on his camp experiences, he can no longer understand how he endured it ”

loc 1185-1186 | Thursday, March 16, 2023 7:58:13 AM

“for every one of the liberated prisoners, the day comes when, looking back on his camp experiences, he can no longer understand how he endured it all. As ”

loc 1185-1187 | Thursday, March 16, 2023 7:58:17 AM