

"What man actually needs is not a tensionless state but rather the striving and struggling for a worthwhile goal, a freely chosen task. What he needs is not the discharge of tension at any cost but the call of a potential meaning waiting to be fulfilled by him."

— Victor E. Frankl, *Man's Search for Meaning*

"The opposite of Resistance is Assistance. ... Your work-in-progress produces its own energy field. You, the artist or entrepreneur, are pouring love into the work; you are suffusing it with passion and intention and hope. ... This field attracts like-spirited entities into its orbit."

— Steven Pressfield, *Do the Work*

"The point is not what we expect from life, but rather what life expects from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life — daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. ... The meaning of life is to give life meaning."

— Victor E. Frankl, *Man's Search for Meaning*