

***Prisoners Of Our Thoughts Viktor Frankls Principles For
Discovering Meaning In Life And Work Alex Pattakos***

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Be the creator of your own growth and happiness: Prisoners of our Thoughts brings to life one of the most important principles that Viktor Frankl awakened in many of us - and that is that "everything can be taken from a man but...the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's way".

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kinds of work situations, Prisoners of Our Thoughts: Viktor Frankl's Principles at Work opens up new opportunities for finding personal meaning and living an authentic work life. In Prisoners of Our Thoughts, Pattakos encapsulates Dr. Frankl's therapeutic system in seven core principles.

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"Prisoners of Our Thoughts is an important book about creating a meaningful life— a life that matters and makes a difference. Those of us involved in the individual quest for meaning will find valuable information and inspiration in it.

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