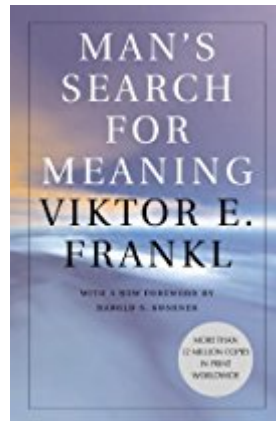


Book Man's Search for Meaning By Viktor E. Frankl



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Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his parents, brother, and pregnant wife perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory-known as logotherapy, from the Greek word logos ("meaning")-holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful. At the time of Frankl's death in 1997, *Man's Search for Meaning* had sold more than 10 million copies in twenty-four languages. A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found *Man's Search for Meaning* among the ten most influential books in America.

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Amazon.com Review *Man's Search for Meaning* by Viktor E. Frankl is among the most influential works of psychiatric literature since Freud. The book begins with a lengthy, austere, and deeply moving personal essay about Frankl's imprisonment in Auschwitz and other concentration camps for five years, and his struggle during this time to find reasons to live. The second part of the book, called "Logotherapy in a Nutshell," describes the psychotherapeutic method that Frankl pioneered as a result of his experiences in the concentration camps. Freud believed that sexual instincts and

urges were the driving force of humanity's life; Frankl, by contrast, believes that man's deepest desire is to search for meaning and purpose. Frankl's logotherapy, therefore, is much more compatible with Western religions than Freudian psychotherapy. This is a fascinating, sophisticated, and very human book. At times, Frankl's personal and professional discourses merge into a style of tremendous power. "Our generation is realistic, for we have come to know man as he really is," Frankl writes. "After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips." Review One of the great books of our time. —Harold S. Kushner, author of *When Bad Things Happen to Good People* "One of the outstanding contributions to psychological thought in the last fifty years."—Carl R. Rogers (1959) Review One of the great books of our time. —Harold S. Kushner, author of *When Bad Things Happen to Good People* "One of the outstanding contributions to psychological thought in the last fifty years."—Carl R. Rogers (1959) "An enduring work of survival literature." —New York Times "An accessible edition of the enduring classic. The spiritual account of the Holocaust and the description of logotherapy meets generations' need for hope."—Donna O. Dziedzic (PLA) AAUP Best of the Best Program

Customer Reviews Most helpful customer reviews 212 of 215 people found the following review helpful. The deepest insights in the most simple words. By En If you're in pain, read this book. If you're scared, read this book. If you are lost, read this book. If you are happy, read this book. If you have time, read this book. If you don't have time, read this book. Read this book, read this book. "We who lived in the concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms--to choose one's attitude in any given set of circumstances, to choose one's own way." 76 of 80 people found the following review helpful. A classic By Steven J. O'malley I read this in college and ordered again to read some 40 years later. Frankl relates the severe conditions in the concentration camp. Those without any purpose seemed to perish. Those that had developed purpose and meaning to the harsh conditions got out of bed every morning to face another unbearable day. this book is a classic. anything less than 5 stars would be a reflection on me. 0 of 0 people found the following review helpful. Every man, woman, and child should read this book By Zim Every person should read this book. Make your children read this when they get old enough. Make your grandchildren read it. If you have not read it... you will understand why everyone needs to read this before you even finish the first chapter. Buy it, and pass it down to your children. See all 3815 customer reviews...

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