# Man’s search for meaning by Viktor Frankl

## Why should I read it?

## Let us get to the summary of the book

## Key Takeaways

1. Life holds potential meaning under any circumstances, even the most miserable ones.
2. The primary human drive is not pleasure (as Freud suggested) or power (as Adler suggested), but the pursuit of what we find meaningful.
3. There are three main ways to find meaning in life: through work or deeds, experiences or encounters with others, and the attitude we adopt in the face of unavoidable suffering.
4. Suffering itself is not meaningful; however, the attitude we choose toward suffering can give our lives meaning.
5. The concept of "tragic optimism" suggests that one can remain hopeful and find meaning in life despite its inevitable suffering, pain, and loss.
6. The capacity to find meaning in the most harrowing of circumstances is a testament to the resilience of the human spirit.
7. Frankl's logotherapy emphasizes the importance of identifying and pursuing what makes our lives meaningful as a way to achieve psychological well-being and fulfillment.