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📖 Just finished reading "Man's Search for Meaning" by Viktor Frankl.

Although it was written just after World War II, Frankl's insights feel incredibly relevant today. His message is simple, yet powerful, when life feels unbearable, finding meaning can make all the difference. Here are a few key takeaways I noted:

- ✅ Frankl, a Holocaust survivor, founded "logotherapy", the idea that suffering is bearable when it has meaning.
- ✅ Unlike Freud (pleasure) and Adler (power), Frankl focused on \*purpose\* as the central human drive.
- ✅ Logotherapy is future-focused. It's about finding meaning through work, love, or even unavoidable pain.

💡 He explained common mental traps:

- ✅ Anticipatory anxiety: fearing something often makes it more likely.
- ✅ Hyper-intention: trying too hard can block success.
- ✅ Paradoxical intention: facing fear by welcoming it can release its hold.

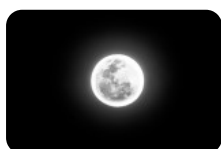
His most powerful line still echoes: "Those who have a 'why' to live can bear almost any 'how.'"

🌟 I've published a short summary article in Marathi at [Medium](#) for those interested:

<https://lnkd.in/dxbbRyND>

Have you read this timeless book? Would love to hear your thoughts.

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**Meaning emergence from Pain**

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