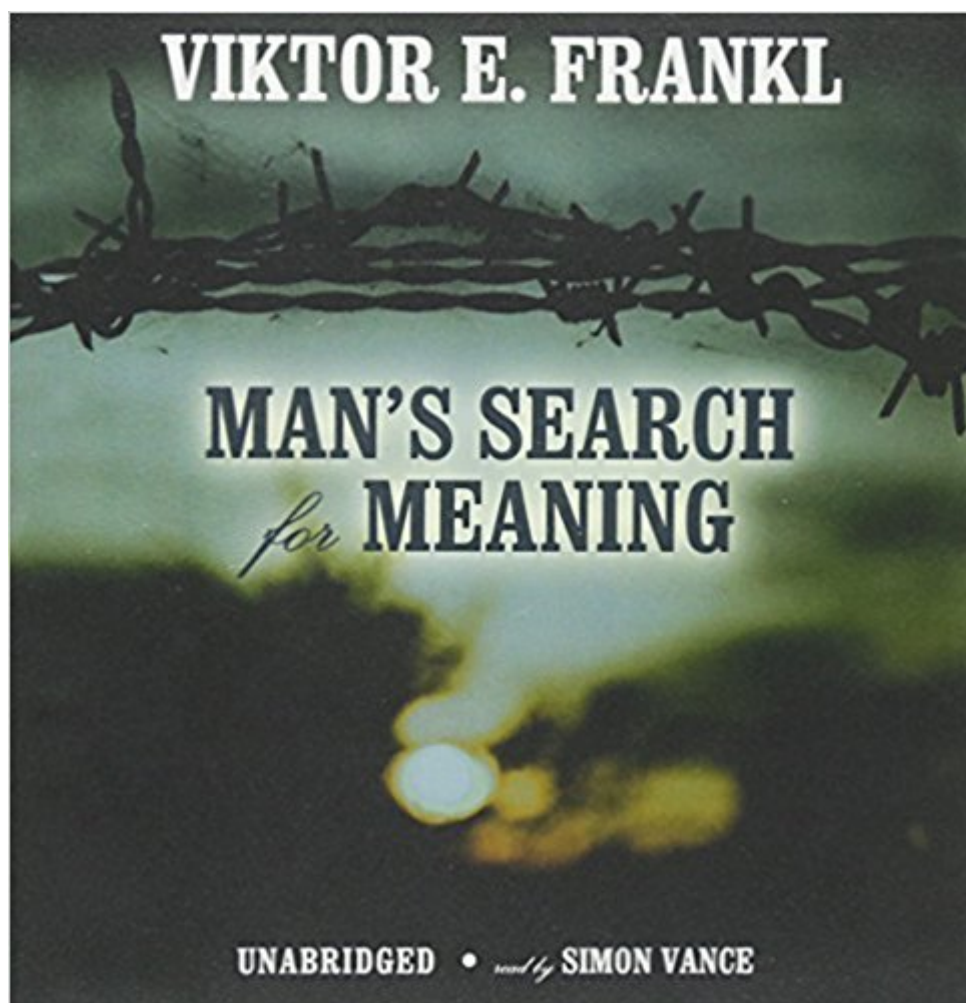


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# Man's Search For Meaning: An Introduction To Logotherapy



## Synopsis

[Read by Simon Vance] Man's Search for Meaning is the chilling yet inspirational story of Viktor Frankl's struggle to hold on to hope during the unspeakable horrors of his years as a prisoner in Nazi concentration camps. 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 those he treated 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. Through every waking moment of his ordeal, Frankl's training as a psychiatrist lent him a remarkable perspective on the psychology of survival. As a result of these experiences, Dr. Frankl developed a revolutionary approach to psychotherapy known as logotherapy. At the core of his theory is the belief that man's primary motivational force is his search for meaning. Frankl's assertion that "the will to meaning" is the basic motivation for human life has forever changed the way we understand our humanity in the face of suffering. Frankl's riveting memoir was named one of the Ten Most Influential Books in America after a 1991 survey by the Library of Congress and Book of the Month Club. This revised and updated version includes a new postscript: "The Case for a Tragic Optimism."

## Book Information

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## Customer Reviews

"An enduring work of survival literature" --New York Times "If you read but one book this year, Dr Frankl's book should be that one." --Los Angeles Times "His works are essential reading for those who seek to understand the human condition." --UK Chief Rabbi Jonathan Sacks "A poignant

testimony...a hymn to the phoenix rising in each of us who choose life before flight." --Brian Keenan, author of *An Evil Cradling* "One of the most remarkable books I have ever read. It changed my life." --Susan Jeffers, author of *Feel the Fear And Do It Anyway* and *Embracing Uncertainty*"Perhaps the most significant thinking since Freud and Adler." --*American Journal of Psychiatry* "Much like a first aid kit, this recording has the potential to save lives . . . This classic, carefully read by Simon Vance, is a vital aid to the troubled of all ages." --*Library Journal* "A fascinating, sophisticated, and very human book . . . Frankl's personal and professional discourses merge into a style of tremendous power." --.com, editorial review

Viktor E. Frankl developed the revolutionary approach to psychotherapy known as logotherapy, founded on the belief that humanity's primary motivational force is the search for meaning. One of the great psychotherapists of this century, he was head of the neurological department of the Vienna Polyclinic Hospital for twenty-five years and is the author of thirty-one works on philosophy, psychotherapy, and neurology, including the classic *Man's Search For Meaning*, which has sold over nine million copies around the world.

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."

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.

This is the single most influential book in my life. Puts individual suffering into perspective and provides practical help which reassures and comforts. I buy extra copies to give away to certain people who would seem to benefit from its message. The message is extraordinary considering its

source (a survivor of Jewish concentration camp)

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.

It was difficult reading the inhuman suffering he experienced but so important what one's attitude makes in life. Attitude is vital to survive the worst circumstances. This book has been required reading in many universities and is a challenging read.

This is the pinnacle book on persistence and perseverance. Out of all the books you will read in the span of a lifetime, this will be one that you will remember. Very powerful, but it is also the hardest book you will ever read due to the subject matter and graphic event details. Quite the story of overcoming.

The book came in new Condition and in the time stated. I've already finished the book and WOW so powerful! The Author Viktor Frankl is absolutely amazing as he describes in graphic details his horrific experiences, making you feel like you were right there with him... Suffering and fighting through the physical and worse psychological pain with one goal... Getting out of the "camp" and hopefully reuniting with his wife with his mind intact. A must read!!

Reviewing a book with such gravitas to it almost seems like a sacrilege... I will say this though: it is very clear-cut and straightforward and is blissfully free of any condescending talk. Frankl has tapped into what it means to be human (more importantly how to act it) at its finest level. The honesty and clarity of his writing will leave its mark on you. My only wish is that as much of the human race as possible - both present and future - will read this book. As a fellow Goodreads reader mentioned to me once: "this book changed me." I cannot agree more and will add, just for good measure, that it changed me too.

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