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Posted on 21 December 2018 By Viktor E. Frankl

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Leben sagen: Ein Psychologe erlebt das**

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I read this book for the first time during my senior year in high school. The year prior, I had gone to Germany for spring break with some fellow classmates. During the trip, we spent a day visiting a former WWII concentration camp in Dachau. As one might expect, this visit had a profound effect on me. I had of course read and knew about the atrocities that occurred under the Nazi regime, but to actually see the gas chambers in person is a deeply haunting and disturbing experience. Perhaps for this reason, Frankl's book affected me even more deeply than it otherwise might have. The book is divided into two parts. The first section recounts in vivid detail Frankl's horrifying experiences as a prisoner in a Nazi concentration camp. Frankl, a former psychiatrist, also describes his observations of other prisoners and what he felt to be the main way in which people tried to cope with the insurmountable obstacles they faced. He found that those who could find meaning or purpose in their suffering were the ones who also seemed better able to find the strength to go on. As I recall, Frankl personally found his purpose in the hope of someday being able to see his wife again, a hope that was strong enough to get him through the daily horrors he faced. The second half of this book is devoted to the therapy he developed based on the search for meaning, which he calls logotherapy. The basic premise is that those who can find meaning in their suffering are better able to cope with what would otherwise be a struggle too hard to bear. As one who majored in psychology, I found this section as fascinating as the first. I have read this book at least three times now, and it is one of the few books I can say truly changed my life. I am ever grateful that I have the wisdom of this book to fall back upon when needed. Several years ago, at a very young age in my 20s, I became ill with a disease that left me bedridden and barely able to speak above a whisper. Now 36, I am still bedridden and fighting the same battle. It is Frankl's reminder to find meaning and purpose in suffering which I found in the love of my fiancé and my hope of recovery that has helped me to get through each difficult day. As Frankl tells us, 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 highly recommend this book. What is it that makes life worth living? Is it the pursuit of happiness? Attaining success? As human beings living in a vast and endless universe or multiverse for that matter, what are we actually living for? I, for one, cannot answer those particular questions for you but know that I am also one of those who is searching for answers, trying to look for ways to make sense out of life, the numerous paths we've all trodden as well as the roads we haven't taken. We look backwards rummaging through our past examining our own mistakes, failures, and losses and what we could've done to correct those that which cannot be changed. We yearn for the truth about our own existence where pain, suffering, loss, and even death is inevitable, but

amidst those darkest moments, we rise above those conditions and grow beyond them as Frankl puts it, *Et lux in tenebris lucet* and the light shineth in the darkness. What is the meaning of life? A naive query which understands life as the attaining of some aim through the active creation of something of value. Or perchance, we've been asking the wrong question after all. Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life and he can only answer to life by answering for his own life. To life he can only respond by being responsible. Thus, logotherapy sees in responsibility the very essence of human existence. Man's Search for Meaning was a transformative and life-affirming read. Brimming with illuminating insights, Frankl explores, analyses, and shares his harrowing experiences in a concentration camp during Hitler's reign. More than that, he delves into numerous ways in how he sees suffering and pain as a part of life. By employing logotherapy, he offers us ways to discover meaning in our lives by creating a work or doing a deed, by experiencing something or encountering someone, and by the attitude we take toward unavoidable suffering. If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death, human life cannot be complete. It is one of the basic tenets of logotherapy that man's main concern is not to gain pleasure or to avoid pain, but rather to see a meaning in his life. That is why man is even ready to suffer, on the condition, to be sure, that his suffering has a meaning. But let me make it perfectly clear that in no way is suffering necessary to find meaning. I only insist that meaning is possible even in spite of suffering, provided, certainly, that the suffering is unavoidable. These philosophical truths and therapeutic method hit close to home. For someone who has been wandering and wondering about meaning, this gave me a better understanding about life, offered me a glimmer of hope, and provided an enormous relief. Being diagnosed with depression a year ago, I asked my psychiatrist what was the meaning of life. He provided a rather straightforward answer, "It is up to you to search for it as it will be a lifelong journey of exploration." After reading this book, I realised my doctor was correct after all, but I was hoping that he could elucidate that. For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment. Frankl also affirmed my belief that my condition stems from having an existential crisis, haunted by having an existential frustration and a void within that represents my inner emptiness, to which I say that in cases such as mine, logotherapy would be perfect, but I'm not discrediting psychotherapy for it has its own uses and benefits too. Such widespread phenomena as depression, aggression and addiction are not understandable unless we recognize the existential vacuum underlying them. This is also true of the crises of pensioners and aging people. I couldn't recommend this book highly enough for philosophical thinkers and readers, those who are struggling with their mental health that deeply stems from having an existential crisis, those who feel hopeless due to a

fate that cannot be changed, and for those who want to have a meaningful life. He who has a
Why to live for can bear almost any How Audiobook rating narrated by Simon Vance
Narrative voice style Vocal characterisation Inflexion intonation Voice quality Audiobook
verdict Great performance, highly recommended How is it possible to write dispassionately
of life in a concentration camp in such a way as to engender great feeling in the reader This
is how Frankl dealt with his experience of those terrible years The dispassionate writing
makes the horrors of the camp extremely distressing, so than writing that is emotionally
involved It is almost reportage The first half of the book is equal in its telling to The Diary of
a Young Girl in furthering our understanding of those dreadful times. There are occasional
glimmers of humanity from the Germans These are so small that rather than illuminate any
basic goodness, they cast further into the shadows the terror of living in a place and time
where death might be a beating or a shot to the head at any moment There are also stories
of the depths that some of the Jewish victims would sink to in what they would do to stay
alive themselves It made me think that rather than condemn these people for becoming
tools of the Nazis, what would I do faced with death or the chance to stay alive a little longer
and maybe save family or friends 7 stars, golden stars for this half of the book. The second
half is about Frankl's psychotherapeutic methods and lost me in boredom I did read this in
its entirety but it wouldn't have spoiled the book, or my appreciation of the genius retelling
and brilliant writing of the first half, if I hadn't. 1 2 3 4 1 26 03 1905 02 09 1997 2 3 4 h
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actualized fully What Have you actualized fully I don't know I mean, I'm trying Do you feel
cold sometimes, even when it's hot Sometimes Do you understand the difference between
thinking and being What do you mean Do you understand the difference between thinking
and being I To be is simply to exist Try it try simply being I'm sorry but how is sitting here
gonna help me be the best person I can be Ah you want an explanation Well, Kinda The
humain mind, aroused by an insistence for meaning, seeks and finds nothing but
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3. The original part one was the strongest I think because the rest started to go into the typical psychobabble inherent to books trying to contribute to the academic side of psychology or psychiatry but the first part really grounded the idea of giving meaning to one existence into personal experience and I found it very poignant about the mental state of people in very stressful and hopeless situations It s a very empowering and important idea that no matter the situation a person can control their behavior and influence their own feelings of the situation This idea of a person having so much control over their own selves and survival is one I whole heartedly agree with Anyone having trouble figuring out life or what the point is could benefit from reading this I think. .READ EBOOK ?

Trotzdem ja zum Leben sagen: Ein Psychologe erlebt das Konzentrationslager ? 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 Based On His Own Experience And The Stories Of His Patients, 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 At The Heart Of His Theory, Known As Logotherapy, Is A Conviction That The Primary Human Drive Is Not Pleasure But The Pursuit Of What We Find Meaningful Man S Search For Meaning Has Become One Of The Most Influential Books In America It Continues To Inspire Us All To Find Significance In The Very Act Of Living For most of the book, I felt as dumbfounded as I would have been if I were browsing through a psychiatric journal Filled with references and technical terms and statistics, it was mostly a book long affirmation of the then innovative technique called logo therapy I do not understand how this book is still relevant and found in most popular book stores It might have been that the book was popular in the sixties and seventies as it offered a powerful and logical argument against the reductionist approach that leads inevitably to existential nihilism, but is that still relevant today It also attempts to free psychiatry from the belief that eros was the cause of all neurosis and turns the flashlight on repressed logos which forms the premise of the book and the title But, while the basic premises are powerful and moving, the breadth and scale of repetition of the same ideas and the technical jargon and the constant Freud bashing ensured that I did not enjoy the book as much as I had hoped Further, the whole chapter dedicated to the theory that ultimately our basic necessity of search for logos can also be explained as a repressed religious drive and his exhortation to religious people to not look down on irreligious ones read atheists and agnostics just because they have achieved a stage that the atheists agnostics are still aspiring unconsciously of course towards rang patently false and too much in line with his argument of psychiatry being a sister to theology.I wish Frankl had stuck to his original title of The Unconscious God it would have been representative of the book as his logos argument directly derives from his postulation of a transcendent unconscious super ego that trumps Freud s Super Ego and a spiritual cum instinctual subconscious that trumps Freud s id.Unless you are looking for a historical perspective on the technical aspects of psychiatry and about the origins of logo therapy , I

would not recommend this book, especially for general reading. If you pick up this book, like I did, in the hope that it is about Frankl's personal quest for meaning amidst the horrors of Auschwitz with a strong scientific perspective, you will be disappointed to find that you have picked up a medical journal that is pedantic and repetitive, with hardly any reference to Frankl's personal journey or about how he evolved his theory and practices that did transform many lives based on his experiences. This is a short but extremely intense book, first published in 1946. It begins with the author's experiences in four different German concentration camps in WWII, including Auschwitz, and how he coped with those experiences and saw others cope with them, or not. He continues in the second half of this book with a discussion of his approach to psychiatry, called logotherapy, based on the belief that each person needs to find something in his or her life, something particular and personal to them, to give their life meaning. We need to look outside ourselves. There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is meaning in one's life. There is much wisdom in the words of Nietzsche: He who has a why to live for can bear almost anything. The first half of the book is completely absorbing, fascinating reading. When I tried to read the second, academic part of it years ago, I floundered. I don't think I ever got through to the end. But I stuck with it this time and found it truly rewarding. The second part did sometimes challenge my brain cells with concepts like this: I never tire of saying that the only really transitory aspects of life are the potentialities but as soon as they are actualized, they are rendered realities at that very moment they are saved and delivered into the past, wherein they are rescued and preserved from transitoriness. For, in the past, nothing is irretrievably lost but everything is irrevocably stored. I had to read that one two or three times before I felt like I really grasped what Frankl was saying. And this one: Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now. I assume it's to help give us motivation to avoid making a wrong choice, by thinking through the likely consequences of what we are about to do. But there are so many nuggets of wisdom in this short volume. A few things that really impacted me: We had to learn ourselves and, further, we had to teach the despairing men, that it did not matter what we expected from life, but rather what life expected from us. One should not search for an abstract meaning of life. Everyone has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. It is one of the basic tenets of logotherapy that man's main concern is not to gain pleasure or to avoid pain but rather to see a meaning in his life. In accepting this challenge to suffer bravely, life has a meaning up to the last moment, and it retains this meaning literally to the end. Man does not simply exist but always decides what his existence will be, what he will become in the next moment. By the same token, every human being has the freedom to change at any instant. Inspiring words, inspiring life. Bonus material: Here is an interview with Viktor Frankl when he was 90 years old. He died just a couple of

years later 16 of 24 in my 2016 Classics Bingo Challenge 2 3 done After the Book of Mormon, this would be my second recommendation to anyone looking for purpose in life Here s a poignant excerpt from one of my favorite parts of the book when Frankl has been in Auschwitz and other camps for several years and doesn t know the war is only weeks away from ending He had decided to escape his camp near Dachau with a friend and was visiting some of his patients for the last time I came to my only countryman, who was almost dying, and whose life it had been my ambition to save in spite of myself, but my comrade seemed to guess that something was wrong perhaps I showed a little nervousness In a tired voice he asked me, You too, are getting out I denied it, but I found it difficult to avoid his sad look After my round I returned to him Again a hopeless look greeted me and somehow I felt it to be an accusation The unpleasant feeling that had gripped me as soon as I had told my friend I would escape with him became intense Suddenly I decided to take fate into my own hands for once I ran out of the hut and told my friend that I could not go with him As soon as I had told him with finality that I had made up my mind to stay with my patients, the unhappy feeling left me I did not know what the following days would bring, but I had gained an inward peace that I had never experienced before I returned to the hut, sat down on the boards at my countryman s feet and tried to comfort him I found such strength and wisdom in this book strength and advice for me as a mother of five young children While potty training, bending over to clean up a handful of toys for the the thousandth time that day, scraping Play Dough off of a filthy kitchen floor on hands and knees, and preparing the fifth snack of the day for several hungry mouths directly after doing the dishes from the previous snack I find the text of this book to give profound meaning to small and simple acts of selflessness, patience, and service What a profound reminder that The immediate influence of behavior is always effective than that of words I desperately needed to read this book, if only to remember to be calm and kind to my little ones so that they will pass on the favor to their own next generation Bravo to Viktor Frankl for bringing human frailty and greatness into perspective 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 Frankl

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