

## FRANKL MEANING OF LIFE



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Man's Search for Meaning is a 1946 book by Viktor Frankl chronicling his experiences as an Auschwitz concentration camp inmate during World War II, and describing his psychotherapeutic method, which involved identifying a purpose in life to feel positively about, and then immersively imagining that outcome.

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I believe that the meaning of life, defined by Victor E. Frankl, is to find meaning in our own life. Each and every person on this planet has a meaning to his own life, and is a unique and independent individual. And so, the question comes along, Who am I? The answer is I. I am who I am, and not one person can ever change that.

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If there is meaning in life at all, then there must be meaning in suffering. What is to give light must endure burning. Suffering, life love, was to Frankl another aspect of the human condition that was both fundamental and infinitely flexible.

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Frankl believed that people are primarily driven by a "striving to find meaning in one's life," and that it is this sense of meaning that enables people to overcome painful experiences.

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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.

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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.

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### **Viktor E Frankl Quotes Author of Man's Search for Meaning**

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. Viktor E. Frankl, Man's Search for Meaning

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Man's Search for Meaning (1946) by Viktor E. Frankl is one of the most life-changing books I have ever read. There are only a handful of books that have permanently changed the way I view the world, the way I view life, and my constant state of mind.

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### **Viktor Frankl Institute of Logotherapy Box 15211 Abilene**

Logotherapy. Viktor Frankl's Logotherapy is based on the premise that the human person is motivated by a will to meaning, an inner pull to find a meaning in life.

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### **Man's Search for Meaning Amazon de Viktor E Frankl**

We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life-daily and hourly.

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