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Man's Search for Meaning by Viktor E. Frankl : Book Summary

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This is a FlashNotes BOOK SUMMARY on Man's Search For Meaning by Viktor Frankl

Man's Search for Meaning by Viktor E. Frankl : Book Summary
AMAZON BOOK DESCRIPTION:
Publication Date: June 1, 2006
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. 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 others he treated later 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. Frankl's theory-known as logotherapy, from the Greek word logos ("meaning")-holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.

At the time of Frankl's death in 1997, Man's Search for Meaning had sold more than 10 million copies in twenty-four languages. A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found Man's Search for Meaning among the ten most influential books in America.
- http://www.getflashnotes.com
Beacon Press, the original English-language publisher of Man's Search for Meaning, is issuing this new paperback edition with a new Foreword, biographical Afterword, jacket, price, and classroom materials to reach new generations of readers.

EDITORIAL REVIEWS:
Editorial Reviews
Amazon.com Review
Man's Search for Meaning by Viktor E. Frankl is among the most influential works of psychiatric literature since Freud. The book begins with a lengthy, austere, and deeply moving personal essay about Frankl's imprisonment in Auschwitz and other concentration camps for five years, and his struggle during this time to find reasons to live. The second part of the book, called "Logotherapy in a Nutshell," describes the psychotherapeutic method that Frankl pioneered as a result of his experiences in the concentration camps. Freud believed that sexual instincts and urges were the driving force of humanity's life; Frankl, by contrast, believes that man's deepest desire is to search for meaning and purpose. Frankl's logotherapy, therefore, is much more compatible with Western religions than Freudian psychotherapy. This is a fascinating, sophisticated, and very human book. At times, Frankl's personal and professional discourses merge into a style of tremendous power. "Our generation is realistic, for we have come to know man as he really is," Frankl writes. "After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips."
Review
One of the ten most influential books in America. —Library of Congress/Book-of-the-Month Club "Survey

of Lifetime Readers"

"Viktor Frankl's timeless formula for survival. One of the classic psychiatric texts of our time, Man's Search for Meaning is a meditation on the irreducible gift of one's own counsel in the face of great suffering, as well as a reminder of the responsibility each of us owes in valuing the community of our humanity. There are few wiser, kinder, or more comforting challenges than Frankl's." —Patricia J. Williams, author of Seeing a Color-Blind Future: The Paradox of Race

"Dr. Frankl's words have a profoundly honest ring, for they rest on experiences too deep for deception… A gem of a dramatic narrative, focused upon the deepest of human problems." —Gordon W. Allport, from the Preface

"An enduring work of survival literature." —The New York Times

"[Man's Search for Meaning] might well be prescribed for everyone who would understand our time." —Journal of Individual Psychology

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