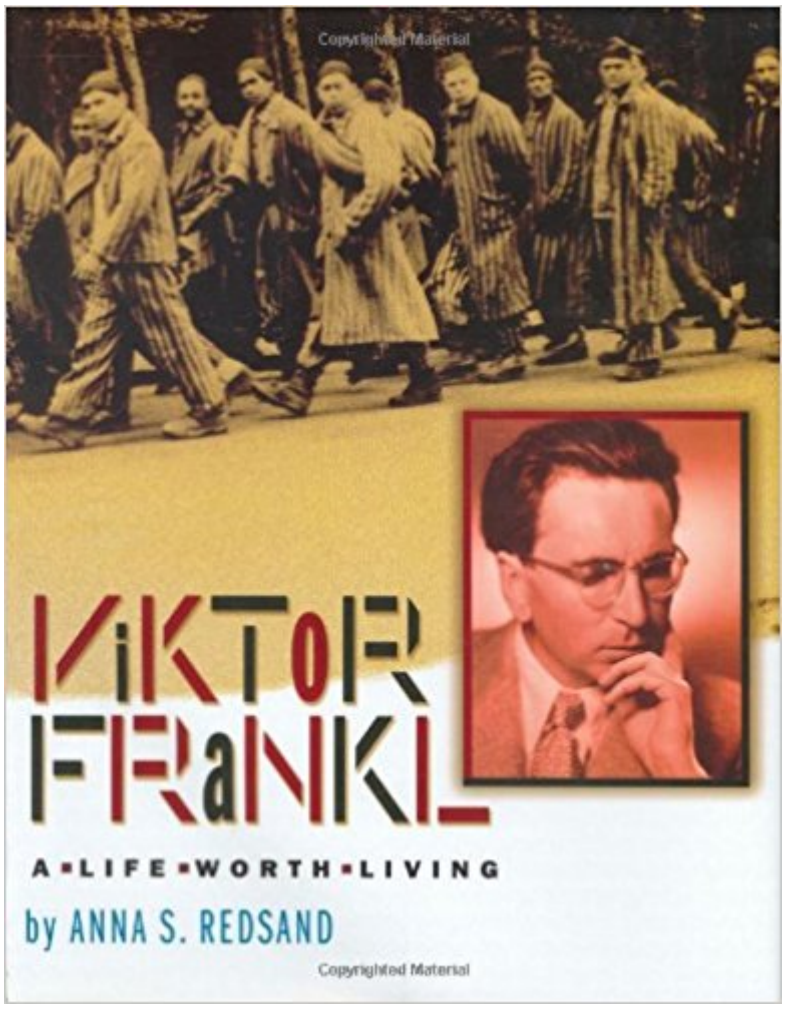
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Viktor Frankl: A Life Worth Living



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Synopsis

When he was a teenager in Austria, Viktor Frankl began developing logotherapy, a revolutionary form of psychotherapy based on the belief that humanityÃ¢â ¬â„¢s primary motivational force is the search for meaning. Unlike most forms of psychotherapy, logotherapy encourages patients to look to the future and live their lives fully, rather than relive the past. Then something happened that put FranklÃ¢â ¬â„¢s philosophies to the test: He and his wife and parents were sent to a concentration camp. Frankl survived; his family did not. In his grief, Viktor turned to his work. The outcome was his magnum opus: ManÃ¢â ¬â„¢s Search for Meaning, an account of life in the camps from the point of view not only of a survivor but a psychologist. The writing of this book saved Viktor in his darkest hour and was the beginning of a new start in what was to be a long and rewarding life. Man's Search for Meaning went on to become one of the most influential books of our time. This thoroughly researched biography is a compelling account of one manÃ¢â ¬â„¢s struggles and, ultimately, his triumphant success in forging a life worth living. AuthorÃ¢â ¬â„¢s note, bibliography, end notes.

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Customer Reviews

Grade 8 UpÃ¢â ¬â œWhen Frankl was a child in Vienna, his dream was to be a doctor. While pursuing that goal, he became intrigued with Sigmund Freud and eventually moved into psychiatry, developing his own theory of logotherapy, a way to encourage patients to live fully by looking to the future rather than reliving the past. Frankl's professional plans were interrupted by the events of the Holocaust, with his arrest and imprisonment in four different concentration camps over a

two-and-a-half-year period. Faced with the unimaginable, he applied his theory of logotherapy and helped many of his fellow camp victims to survive. When the war ended and Frankl returned to Vienna, he learned of the deaths of his beloved wife and parents in the camps. Years of his own depression were countered with encouragement from colleagues and a new relationship and marriage. He began to write about his experiences from a psychological viewpoint. The result was his widely read and acclaimed book Man's Search for Meaning. Redsand has written an intriguing biography of a man who made a huge impact on the lives of many. His story presents a valued and readable look at one man's life.Ã¢â ¬â œRita Soltan, Youth Services Consultant, West Bloomfield, MI Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

A survivor of Theresienstadt and Auschwitz, Viktor Frankl became a world-renowned psychiatrist, and his book Man's Search for Meaning (1946) has sold millions. This biography, illustrated by a plentiful selection of black-and-white photos, sets his personal story against the history of his time, including discussion of the rise of Hitler and the destruction of the Jews, as well as Frankl's own incredibly painful experience--the loss of his family and his years in the death camps. Less accessible than the history is Redsand's turgid explanation of Frankl's psychological analysis. Although this book lacks the stark immediacy of some Holocaust memoirs--for example, Primo Levi's The Drowned and the Saved (1988)--there's still a lot to discuss here--especially Frankl's ideas of salvation through love and personal responsibility, and his opposition to revenge and collective guilt. Includes an annotated bibliography and chapter notes, mainly to Frankl's own writing. Hazel RochmanCopyright Ã Â© American Library Association. All rights reserved

Excellent biography

My daughter had to read a book about a person who experienced the Holocaust and I suggested Viktor Frankl. Books was not too daunting and she was able to get through it rather quickly and got a lot of good information from it. She actually passed it on to a friend to read so the friend could find some encouragement in Frankl's attitude about life.

I had the good fortune of studying with Viktor Frankl and that experience changed my life. It was wonderful to read Anna's book and I recalled so many stories that Viktor had shared with me. His spirit and wisdom live in so many of us who knew him. Thank you Anna for this splendid work.S.J.Tagliareni author of Hitler's Priest

The bbok was well written, It told a vivid and realistic story of his perseverances, integrety and caring for others.

Victor Frankl knows more about suffering than most of us will ever know. This as well as his other book, Man’s Search for Meaning are excellent books, and easily read in a weekend. The book arrive in a timely manner and in good shape.

For use with clients in Chemical dependancy treatment

I have juwish friends and I wanted to find out first hand how it feels to be juwish in those times I think the author made it very clear,I am glad he survive the caos.

An excellent read for anyone wanting to know more about Frankl and what he stood for. The worth of life is not measured by its length.

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