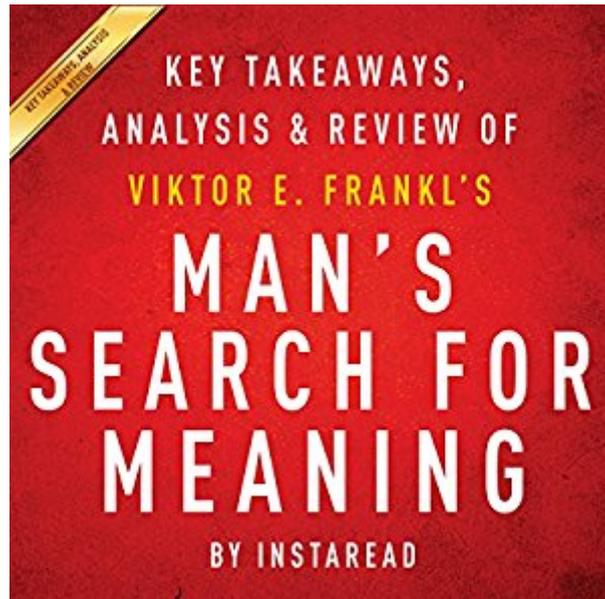


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# Man's Search For Meaning, By Viktor E. Frankl: Key Takeaways, Analysis & Review



## Synopsis

Please note: This is key takeaways and analysis of the book and not the original book. Preview: Man's Search for Meaning by Viktor Frankl is a memoir of Frankl's imprisonment in concentration camps during World War II and a brief description of the principles of logotherapy, a school of psychotherapy that he founded. Frankl and his family were imprisoned in concentration camps during the war. Frankl was held in several camps before he was liberated from the last in 1945. During his time in the camps, Frankl witnessed the extreme cruelty of camp guards and the prisoners who were given special status by them, also known as Capos. He also witnessed the cruelty of the prisoners to each other as they underwent the three stages of reaction to their imprisonment. These stages are denial, acceptance, and adjustment after their release. Frankl discovered that although the prisoners seemed completely powerless, they had the freedom to choose their reactions to their circumstances. Those prisoners who were most resilient were those who had something to live for.... Inside this Instaread of Man's Search for Meaning: Overview of the book Important people Key takeaways Analysis of key takeaways

## Book Information

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## Customer Reviews

This memoir tells about life in the concentration camps of WWII. Viktor E. Frankl and his family were interned early on in the war. How did Viktor survive? What is logotherapy and why is it needed. "Logotherapy celebrates what sets humans apart." Who were Capos? In this Instaread summary (think DETAILED review) there 9 Key Takeaways, two of which are:>>> #2 - "Even when people in difficult circumstances appear to have no options available, they retain the freedom to choose how

they will respond to their suffering.">>> #5 - "When someone fails to find meaning in their life, or meaning they found now turns out to be insufficient, they can experience an existential frustration of noogenic neurosis. It may appear to be a mental disease, but is the result of attitude." Each Key Takeaway is discussed in greater length after the main statement. Frankl's style of writing in the original book is described as matter of fact, detached and objective. This Instaread summary will give you a brief look into logotherapy and its meaning etc. The summary will definitely help you decide whether you want to read the full length version in order to get a much more detailed and in-depth study. Book provided in exchange for an honest review. Thanks, Liz

With so few minutes in the day, who has time to read whole books? I sure don't, but with these book summaries, it gives me a chance to get a quick synopsis of the book, hitting the highlights.

Regarding this book, it gives new insight and a new approach for how someone decides to live their life and how they find meaning. While there are theories that meaning can be found by seeking power or pleasure, this explores the notion that meaning can be (and probably should be) gained by an accomplishment, life experiences or in how they deal with difficulty. Love in and of itself can also bring purpose and meaning. Many of these notions fall under an idea known as logotherapy, which was developed by Frankl. Frankl's story is well told and summarized in this Instaread and follows his life journey in concentration camps and through his interactions with other prisoners. Anyone interested in learning more about logotherapy or one man's story in concentration camps should consider this summary. If it peaks your interest, then purchasing the original book may be the next step, but for me this summary was enough to exercise my brain and learn a little something new. On to the next Instaread!

This is a fast to read book summary. The original book is a classic must read. This summary nicely breaks the book into 9 key takeaways. The summary augments the book with some other examples and clarifications. I would have preferred if they noted where they did this. EG - they used Stephen Hawking as an example and I am sure that is not in the original book. I had previously read the book but had forgotten that Frankl was a specialist in suicide prevention before the war. I had forgotten about logotherapy. I do not find a book summary to be the same as a book. It can still be worthwhile though since it saves time. Someone could read one of these summaries and understand what the book is about. I received a complimentary copy of this in return for a fair review.

Another great review by Instaread. "Man's Search for Meaning" is a memoir by Viktor Frankl about

his imprisonment in concentration camps during World War II. Through this grueling experience, Frankl develops logotherapy, a form of psychotherapy that defines motivation and meaning in our individual lives. Instaread divides this memoir into 9 key takeaways that break down Frankl's argument for logotherapy. I found the 8th takeaway intriguing as it argued that phobias can be treated through the use of paradoxical intention. Meaning you must decide to do exactly what causes the fear. So if you're claustrophobic, then go into tight spaces until you master your fear. This review is incredible, and worth the read!

Man's Search for Meaning by Viktor S. Frankl/Key Takeaways & Analysis by Instaread is a summary of Frankl's book. It covers the main takeaways, from his analysis of what contributed to some people's ability to survive the torment of concentration camps to an overview of logotherapy. It gives brief overviews of the three stages people in dire situations go through, from denial to apathy, and after coming out of the situation, the feeling of displacement and the long road back to normalcy. This analysis does a particularly good job of describing Frankl's writing style, from the dispassionate way he deals with the stressful situations of incarceration to the technical language he uses when writing about his school of psychotherapy. It makes it clear that this is a book that will appeal not only to experts in the field but to the average person who might want some guidance on how to search for meaning in life, and the fact that the traditional view of people like Freud and others that pleasure and power are the prime human motivators is not completely true; that it is in reality the search for meaning that motivates people, and not always for good. After reading the review, I found myself intrigued by Frankl's theories and look forward now to reading the full book.

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