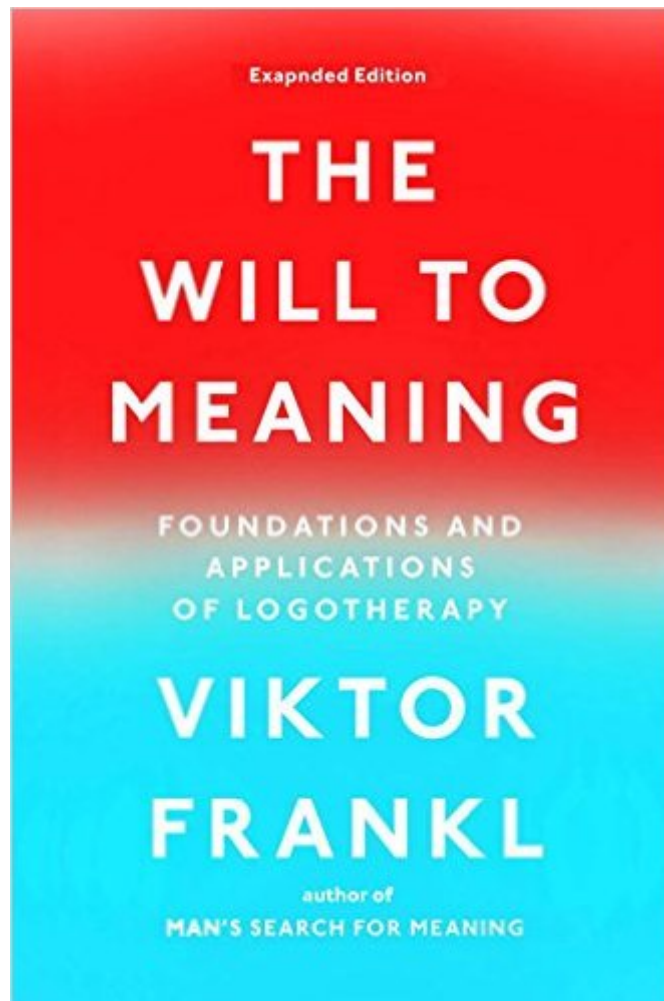


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# The Will To Meaning: Foundations And Applications Of Logotherapy



## Synopsis

Holocaust survivor Viktor E. Frankl converted the horrors he experienced in a German concentration camp into the pioneering philosophy he called logotherapy. Unlike Freud's will to pleasure and Adler's will to power, Frankl based logotherapy on three things: the freedom of will, the will to meaning, and the meaning of life. By presenting three methodological concepts, Frankl shows how we can all reinvigorate our experiences and tie them to will and power. Originally published in 1988 and compiling Frankl's speeches on logotherapy, *The Will to Meaning* is regarded as a seminal work of behavior therapy.

## Book Information

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## Customer Reviews

This book and Frankl's other popular book, "Man's search for meaning" offer a great deal of overlap. Yet I found both extremely interesting and helpful. Frankl posits that we all have an innate tendency to mental/spiritual health which he calls the will to meaning. This is similar to the body's tendency to heal after any physical assault. He explains that good counselling focusses the will to meaning, or removes blocks which are preventing it from being expressed. Frankl's experiences in a NAZI death camp show how focussing on personal meaning and what little freedom of choice one does have, can enable mental health to survive even under the most pathogenic of circumstances.

As several other reviewers have already mentioned, "The Will To Meaning" is basically an elaboration on the section from "Man's Search For Meaning" called "Logotherapy In A Nutshell." If

"Man's Search For Meaning" made any sort of impact on you, I would highly suggest reading this book.

It is always great pleasure to read Dr. Frankl's books. This was no exception. Although the Book was written many years ago, it contains many practical principles that can be used to overcome "existential vacuum", which is so rampant today. Must read book for those feeling aimless in this fragmented society.

Viktor Emil Frankl (1905-1997) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor, as well as the founder of logotherapy, a form of existential psychotherapy. His most famous book (which also describes his experiences in the Holocaust) is Man's Search for Meaning. He states in the Preface to this 1969 book, "This book is the outcome of a series of lectures I was invited to give during the 1966 summer session ... The particular task assigned to me at that time was to explain the system that characterizes logotherapy. While it has often been pointed out ... that logotherapy ... has developed a proper psychotherapeutic technique ... it also is the last psychotherapy that is conceptualized in a systematic way." Here are some representative quotations from the book: "(L)ogotherapy is based on the following three concepts: (1) the freedom of the will; (2) the will to meaning; and (3) the meaning of life." "After all, it is not the function of logotherapy to give answers. Its actual function is that of a catalyst." "It is true that we logotherapists are convinced, and if need be, persuade our patients, that there is a meaning to fulfill. But we do not pretend to know WHAT the meaning is." "I personally believe that philosophy is not a mere sublimation of sex but rather that sex often serves as a cheap escape from precisely those philosophical and existential problems which beset man." "What matters in life is rather to achieve something." "Logotherapy does not cross the boundary between psychotherapy and religion. But it leaves the door open to religion and it leaves it to the patient whether or not to pass the door." "I would say that God is not dead but silent. Silent, however, he has been all along. The 'living' God has been a 'hidden' God all along."

This is one of the most important books of the 20th century, demonstrating the power of a mind with a purpose to transcend even the worst possible circumstances.

When I found Victor Frankl it was a happy day. There is hope! As our nation slumps into relativism, can't help it - give me another med, what? get a job?, not my fault, mentality, with the

media, including news, music, and literature helping along as they cash in on the descent of american society, step forward Frankl!! Victor Frankl is more than just logotherapy, he is David adroitly throwing stones at a huge medicated/miserable/morbid Goliath. Take responsibility, our attitude is our one freedom, get over it and get on with it. I found his books 2 years ago and have read them over and over and over. Whether it be for your depressed teen, unhappy spouse, or for you because you just can't find purpose in the job you go to every day...read 'Man's search for meaning' and 'the will to meaning', then everything else the man has written. His own story is his best example.

This is a great read for any budding psychologist who fears the narcissistic tendencies of the profession. It returns humanity to our patients.

I really like Frankl and this is another book he delivers on. It really has no christian principles, for those who were looking for more spiritual direction, but Frankl does offer insight on human emotions, will, etc. I still find it hard to believe that this man, having survived four concentration camps, remained such a positive individual. Blows my mind!!

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