

3. *Man's Search for Meaning*

Viktor E. Frankl, Beacon Press, 2006

Dr. Frankl, a psychiatrist, describes life in a concentration camp during World War II, where he was



imprisoned. He observes utter deprivation and its relation to the soul. Prisoners had lost everything except their ability to choose how they responded to their situations.

A reason to live (whether common to many, such as the hope to see family again, or unusual, such as to re-write a ruined manuscript) ” sustained those who survived, as did reaching out to others, rather than turning within – i.e., wanting to preserve self; giving up on others.

Imprisoned – “No Hope

ordinary people before they met in death camps. Frankl thinks few people can rise above their deprivations.

Maslow – book 7 below – sees it differently.

This book is for everyone. The prisoners and their torturers were