

“Man’s Search For Meaning” by Viktor E. Frankl

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Meaning, Behavior, Psychology, Holocaust

“Man’s Search For Meaning” is one the best book I have read about searching for meaning in life. In the preface of the edition I read is said that this books is one of the best of our era and honestly I have no doubt that the book will be read centuries from now.

The book was first published after World War II and has been re-edited countless times in many languages – so far it has sold more than 12 millions copies.

Viktor E. Frankl (1905-1997) was a psychiatrist and professor at the University of Vienna until his death in 1997. He founded the third Viennese School of Psychotherapy who is an internationally acknowledged and empirically based meaning-centered approach to psychotherapy, based in the concept of logotherapy. The other two schools were founded by Sigmund Freud (with main focus on pleasure) and Alfred Adler (with main focus around power).

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