



BOOK NOTES

Man's Search for Meaning

by Viktor E. Frankl

- Logotherapy: Curing the soul by leading it to find meaning in life in 3 different ways: 1) by creating a work or doing a deed; 2) by experiencing something or encountering someone; and 3) by the attitude we take toward unavoidable suffering.
- The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way.
- If there is meaning in Life, there must also be meaning in suffering.
- Humans can't pursue Happiness, Happiness must ensue...
- "What man actually needs is not a tensionless state but rather the striving and struggling for a worthwhile goal, a freely chosen task. What he needs is not the discharge of tension at any cost but the call of a potential meaning waiting to be fulfilled."
- "For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment."
- In some way, suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.
- Live as if you are living for the second time and had acted as wrongly the first time as you are about to act now.

Book notes by Steve Frankl · Field Productivity Partners