

# Man's search for meaning by viktor frankl

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Viktor Frankl Man Search for Meaning The main aim of the book is to provide a perspective to individuals in finding meaning in life. The writer stresses that facts are part of life and are presented as part of a mans experience. It means that it provides a basis for understanding the psychology of human beings. The main thesis highlighted by the writer is to have freedom to control the attitude of towards the situations we find ourselves in. It means that we live life as if we are living it for the last time. The author of the book stresses that individuals should live life as if they acted wrongly the first time. The experience of Viktor in the Nazi camp taught him that the main drive in life is hope. Life is driven mainly by hope and not pleasure. Depression in individuals is a way of telling the world that something is wrong and needs to change (Viktor E Frankl 20).

Depression makes individuals become aware of their mortality and it will change their general perspective towards life. There are different challenges in life and the manner that different individuals handle it gives a deep meaning to life. Viktor argued that individuals have to choose their own attitude in any circumstance and choose the right way. Viktor observed that human beings combine a certain modesty and tolerance of individual weakness. The combination of modesty and tolerance comes with a tendency of strict judgement of morals (Viktor E Frankl 29).

Viktor illustrates that life has responsibilities and individuals have to find the right answer to the problems of life. The importance of life is to find the main purpose that makes it worth living. He illustrates that the possibilities of acquiring the meaning of life through individual suffering is unavoidable.

Work cited

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Viktor E Frankl. Man, s search for meaning. New York: Cengage Learning, 2006.