

# Book paper man's search for meaning essay sample



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In this paper, I will be construing and exposing the assorted moral, religious, and psychological subjects within the book "Man's Search for Meaning" by Viktor E. Frankl, including his theory of logotherapy. Introduction: "Man's Search for Meaning" leaves a batch to be analyzed therefore why it was a great pick for a doctrine paper.

The three subjects listed above: moral, religious, and psychological all play a major function in the book as each of which describes the feelings and traumatic phases that a captive within the Concentration cantonment would hold felt. Logotherapy is the theory that writer Frankl came up with in order to structurally happen the significance to one's life. This is an of import subject because after the first portion of the book he tells you how it relates to his experiences and how it is and has been used to assist people enduring from the concentration cantonments. When reading the book it begins as first-hand experience from the concentration cantonments.

As it continues a construct similar to Ernest Hemingway's Ice-berg construct is revealed. The writer breaks up the mental, religious, and psychological province of prisoner's into three classes: daze when instantly getting to the cantonment.

the depersonalization/dehumanization, and the adversities one time being free. These can associate to Hemingway's theory because behind all of what is being told or "seen" there is still much more beneath the surface of the authorship, and the people within the authorship that are stating much more than what meets the oculus.

Contemplation: Throughout the full book the writer kept each of subjects present: moral, religious, and psychological feelings. What is alone to this book is that each of the subjects are derived from the common fact that each individual in the book was portion of a firsthand experience similar to the individual in the cantonment with them.

What this means is that when Frankl states his three stages each of them applies to everything within the book, and the subjects, basically the motivation or the feelings are common. Phase one begins when people start getting to the concentration cantonments, and this stage causes the reaction of most to be shocked. How this applies to the three subjects is simple everything they one time known is most likely gone or and if non traveling to be taken from them.

so they're shocked, which could specify their spirit's, their ethical motives, and more than anything their psychological feeling.

A great illustration of this from the book is this quotation mark: " At that minute I saw the field truth and did what marked the climaxing point of the first stage of my psychological reaction: I struck out my whole former life. " ( Frankl pg. 33 ) This quotation mark summarizes and provides a good image of how each individual had felt, they had to accept where they were in order to merely last, allow alone go free.

Frankl describes stage two as the feeling of lost involvement after being in the cantonment for some clip, which leads you to merely care about lasting for yourself and the people around you that you care about. It is in this stage that you begin to see that the people within the cantonments begin to tune <https://assignbuster.com/book-paper-mans-search-for-meaning-essay-sample-essay-samples/>

out the day-to-day horrors. and get down to recognize they need to worry about themselves and the people around them that they care about. Apathy is what Frankl had called their defence mechanism during this province.

Here you can see the psychological and moral subjects being affected. The psychological subject is apparent in the sense that they tune out the horrors. intending they've become accustomed to it. or they are making what they have to make to last. More than probably when making what you can to last you see people start to lose their ethical motives and this was the instance within the concentration cantonment.

Although they've kept their ethical motives to maintain surviving and taking attention of the 1s they're close with you begin to see them deteriorate as people. What made stage two so interesting is the spiritual subject. and the development or foundation for Frankl. The religious subject becomes so outstanding when the prisoner's Begin to keep secret spiritual assemblages that showed such a deep belief. It is here that you see that Frankl uses his pick of optimism and hope to transport him through. which in bend helps you understand his concluding behind logotherapy and the recovery of the lasting prisoner's.

Phase three is when the prisoner's go free and they are left with alterations in their psychological. moral. and religious ego. To be free after what the captives had seen left them with no value or understanding to what freedom was.

the end they awaited for so long eventually has come and they can non believe it's true. Even when they were set free many work forces were to <https://assignbuster.com/book-paper-mans-search-for-meaning-essay-sample-essay-samples/>

recognize that what they had before is gone. and they were left with nil. this is where they believe their life has no significance.

In hope of happening a remedy for captives of the concentration cantonments and people who believe there is no intending to their life Frankl came up with logotherapy. In Grecian the definition of Son is intending which justifies for a good name. The constructs of logotherapy are complex. but the ends are simple.

The end is to assist person recover and assist them recognize every life has significance and every life is alone. What this therapy does is heal each of the three subjects presented. it requires you to believe otherwise and understand things that will finally assist give your life significance. Some of the things that you would make psychologically is to concentrate on the hereafter.

and leave the remainder buttocks. Another thing that was described by Frankl is a reorientation of what life truly is and besides to go forth the head at remainder instead than believe so quickly and exhaustively about the significance of life. Frankl besides states about activities that provide significance. some of which are volunteering or assisting person.

or falling in love. Plants CitedFrankl. Viktor E. . Man's hunt for intending.

Boston: Beacon Press. 2006. Print.