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Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work. Paperback - Illustrated, Jan. 9 2017. by Alex Pattakos Ph.D (Author), Elaine Dundon (Author), Stephen R. Covey (Foreword) & 0 more. 4.4 out of 5 stars 34 ratings.

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Discovering Meaning in Life and Work. by Alex Pattakos, Ph.D. Published by Berrett-Koehler Publishers. Contents. Foreword by Stephen R. Covey vii Preface xv Acknowledgments xix. 1 Life Doesn't Just Happen to Us 1 2 Viktor Frankl's Lifework and Legacy 13 3 Labyrinths of Meaning 25 4 Exercise the Freedom to Choose Your Attitude 39 5 Realize Your Will to Meaning 57 6 Detect the Meaning of Life's Moments 79 7 Don't Work Against ...

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some call it connection to a higher self, to God, to our own spirit, to universal consciousness, to love, to the collective good. No matter what it's called, it is deep meaning and it transforms our lives." — Alex Pattakos, Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work.

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Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychiatrist, who would soon become world famous, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity.

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## **Prisoners of Our Thoughts: Viktor Frankl's Principles for ...**

An Excerpt From. Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work Second Edition. by Alex Pattakos, Ph.D. Published by Berrett-Koehler Publishers. iii. Contents. Foreword by Stephen R. Covey v Preface to the Second Edition xiii. 1Life Doesn't Just Happen to Us 1.

## **An Excerpt From**

About Prisoners of Our Thoughts. 7 Principles for Finding Meaning in Life & Work. NEW EDITION, REVISED AND EXPANDED. World-renowned psychiatrist Viktor Frankl's Man's Search for Meaning is one of the most important books of modern times. Frankl's extraordinary personal story of finding meaning amid the horrors of the Nazi concentration camps has inspired millions.

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End up being the creator of the own growth and pleasure: Prisoners of your Thoughts gives to life certainly one of the main principles that Viktor Frankl awakened in many individuals – and that is definitely that “everything can end up being taken from a person but... the last of the human freedoms — to choose one's frame of mind in any given established of cirucumstances, to select one's way”.

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In Prisoners of Our Thoughts, Dr. Alex Pattakos—whom Frankl

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urged to write this book—elaborates seven “core principles” based on Frankl’s philosophy and demonstrates how they can help us find...

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