



# Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work

*Alex Pattakos*

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## **Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work**

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NEW EDITION, REVISED AND UPDATED

World-renowned psychiatrist Viktor Frankl's *Man's Search for Meaning* is one of the most important books of modern times. Frankl's personal story of finding a reason to live in Nazi concentration camps has inspired millions. In *Prisoners of Our Thoughts*, Dr. Alex Pattakos—whom Frankl urged to write this book—elaborates seven “core principles” based on Frankl's philosophy and demonstrates how they can help us find meaning in our everyday lives and work. This second edition features new stories and examples of people who have applied the principles in the book or who exemplify them; new practical exercises and applications; and a new chapter, “The Meaning Difference®,” which summarizes research demonstrating the critical role of meaning in improving the quality of people's lives, increasing happiness, promoting health and wellness, and achieving their highest potential.

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The book Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work has a lot details on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research previous to write this book. This specific book very easy to read you will get the point easily after reading this article book.

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