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Autore	Shantall Teria
Titolo	The Life-changing Impact of Viktor Frankl's Logotherapy [[electronic resource] /] / by Teria Shantall
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Nota di contenuto	1. What is logotherapy? 2. An existential analysis of the human condition -- 3. The unscathed human spirit -- 4. Who are you, sitting opposite me? The person of the client -- 5. Who am I in relation to you? The person of the logotherapist -- 6. What is your real problem? The crisis of meaning -- 7. How am I to address your problems? The methods and techniques of logotherapy -- 8. Why does logotherapy work? The transformational power of meaning -- 9. A new look past psychopathology: This is not you -- 10. The meaning of suffering: You are chosen! -- 11. Ultimate meaning: Your destiny in life -- 12. The choice is yours: Become what you are meant to be!
Sommario/riassunto	This book provides an in-depth analysis of the logotherapy of Viktor Frankl and delves into the spiritual depths of an inherent search for meaning in life. Written by a highly experienced and competent logotherapist trained by Frankl himself, this book is excitingly new and unique in that it takes the reader, in the role of a client accompanied by the author in the role of the therapist, through the unfolding phase-by-phase process of logotherapy. Logotherapy is explored as a depth

and as a height psychology. From a provoked will to meaning out of the depths of a spiritual unconscious, the author takes the search for meaning to the ultimate heights in the achievement of human greatness. This book brings Frankl's own profound life's orientation back to life and, in its reader-friendly style, has the freshness of Frankl's own way of writing. It is written in a refreshingly simple and straightforward style for easy accessibility to a wide readership. It includes cases studies and exercises for readers and is meant for use in logotherapy courses worldwide. Additionally, it will appeal to laypersons seeking a deeper meaning to their lives, psychology students and mental health professionals alike.
