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Nota di contenuto	Inspiring spirituality - Viktor E. Frankl's concept of spirit -- Frankl's three-dimensional view of the human being -- Spiritual resilience -- Frankl's time in the concentration camp - an example of resilience -- Finding spiritual meaning in logotherapy -- Spirituality as a resilience factor in psychotherapy and counseling -- Spirituality in psychotherapeutic practice -- Interventions in psychotherapy and

counseling with spiritual aspects -- Discovering, appreciating and supporting spiritual resilience as a competence in psychotherapy.

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## Sommario/riassunto

This essential illustrates to psychotherapists and counselors the importance of spirituality for strengthening personal resilience. We live in often exhausting and fast-moving times. The 21st century began with a series of crises on a global scale: the terrorist attacks of 9/11, the financial crisis, climate change, the coronavirus pandemic and the war in Ukraine. Many media outlets today are true artists when it comes to describing unsuccessful lives. Anyone who is constantly preoccupied with negative news runs the risk of losing their inner mental balance. They are in danger of falling into a mood characterized by gloom and resignation. Experienced spiritual counselor and logotherapist Gerhard Sprakties shows how a deep spiritual foundation can help us to deal with these challenges in a constructive way. The author Gerhard Sprakties is a logotherapist and existential analyst, Protestant pastor for pastoral care of the elderly, certified diaconal scientist and alternative practitioner for psychotherapy. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.

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