

Man's Search for Meaning

(WWII POW) by Victor Frankl (1959)

Victor was as survivor of WWII Nazi concentration camps who observed that the ones that gave up hope died first. While those with optimism, humor & a steely will to survive did best. We are never left with nothing as long as we retain the freedom to choose how we will respond. Love is the ultimate goal man can aspire. Humor is the soul's weapon to fight self-preservation. A man's suffering is similar to the behavior of gas: as gas fills an empty chamber, suffering completely fills the human soul.

The last of human freedoms is to choose one's attitude in any situation. No one has the right to do wrong, not even if wrong has been done to them. A decrepit arch is strengthened by increasing the load upon it. Fear brings to pass what one is afraid of. Filling abundant free time with unpaid, meaningful activity removes depression. Positive emotions, expectations & attitude enhance our immune system,

Quotes:

"Step for step I progresses, until I became a human being." "What man actually needs is not a tensionless state but rather the striving & struggling for a worthwhile goal." (Frankl)

"He who has a WHY to live for can bear almost any HOW." "That which does not kill me, makes me stronger." (Nietzsche)

"There is only one thing that I dread: not to be worthy of my sufferings." (Dostoevski)

"Life is like being at the dentist. You always think the worst is still to come, and yet it is over already." (Bismarck)

Books:

When Bad Things Happen to Good People (Harold Kushner)