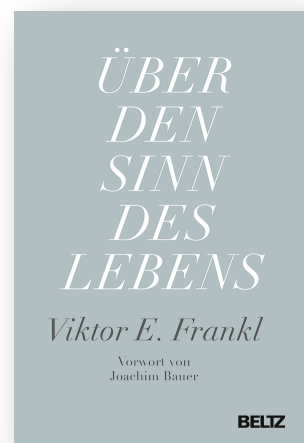


VIKTOR E. FRANKL ON THE MEANING OF LIFE

WITH A FOREWORD BY JOACHIM
BAUER



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New courage to face life after traumatic experiences

In March 1946, eleven months after being released from a concentration camp, Viktor E. Frankl held a series of lectures at the adult education centre in the Vienna workers' district Ottakring. The psychologist, who went on to become world famous, explained his central thoughts on the meaning of life and resilience. Based on his own maxim, 'Live as if you were living for the second time', Frankl revealed his basic conviction that being human means 'being able to be different' in any situation.

Strong evidence for this is provided by his own painful experiences of loss, hunger and fear of death, which nevertheless allowed hope, friendship and a sense of purpose to exist in the concentration camp. This theme of Frankl's life continues to be relevant: every crisis also contains an opportunity - namely to put one's own humanity to the test.

- Frankl, the 'pope of resilience' has a large fan base
- A gripping contemporary document

VIKTOR E. FRANKL (1905–1997) was the first psychologist to put the experience of meaning at the heart of his therapeutic practice. He was a professor of neurology and psychiatry at the University of Vienna, and held numerous professorships in the USA as well. His more than 30 books have been translated into 46 languages, and his autobiography has been published in more than 15 countries so far.