



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

By Alex Pattakos

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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. Alex Pattakos—who Frankl urged to write this book—applies Frankl's philosophy and therapeutic approach to life and work in the 21st Century, detailing seven principles for increasing your capacity to deal with life-work challenges, finding meaning in your daily life and work, and achieving your highest potential. This updated and expanded second edition includes new personal stories, new data on meaning, a new chapter on the difference meaning makes in people's lives, and new exercises to help apply the seven principles.

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### Editorial Review

From Publishers Weekly

The late Viktor Frankl's hopeful *Man's Search for Meaning* emerged from his experience in a Nazi concentration camp. With Frankl's blessing, Pattakos, a cofounder of the Innovation Group consultancy and a former professor of public and business administration, applies Frankl's lessons to corporate America's workplaces. Logotherapy, Frankl's therapeutic approach, says we are free to respond to all aspects of our destiny; Pattakos argues that if we all have a will to meaning, then even if we work for unenlightened companies, we can still "connect meaningfully with others" within the workplace. Finding your sense of humor, giving to others and forgiving, and "de-reflecting" (or shifting your focus of attention) are all strategies for connection; one should consider "ten positive things" when losing a job or taking a pay cut. Pattakos ends each chapter with a "Meaning Moment" and a "Meaning Question," which can seem contrived (how exactly is *your* work like a "mission"?) and a lot of the advice will feel like familiar workplace etiquette that has been rebranded. Still, Pattakos's is a humane approach that allows for purpose in even the most purposeless-seeming environments, which is surely palliative care—if not a cure—for work ruts. The foreword is by *The 7 Habits of Highly Effective People* author Stephen R. Covey. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

“This landmark book underscores how the search for meaning is intimately related to and positively influences health improvement at all levels. Reading *Prisoners of Our Thoughts* is an insightful prescription for promoting health and wellness!”

—Kenneth R. Pelletier, PhD, MD, Professor, University of Arizona and University of California, San Francisco Schools of Medicine; Chairman, American Health Association; and author of *The Best Alternative Medicine*.

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**Jessica Ball:**

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