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# Man's Search For Meaning Summary PDF Cheatsheet —

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### ? 1. True Identity: Discovering your core identity when everything else is stripped away

Everything was taken away from those sent to the concentration camps. Their families, social position, clothes, even their hair. Then their existence was filled with pain through near-starvation, hard labour and constant beatings. Not to mention the threat of the gas chambers hanging over them at every moment.

### ? 2. Hope and Survival: The presence of hope determined survival in the harshest conditions, like those prison camps

The daily horrors of the camp made the prisoners develop an emotional shell of apathy. In spite of that, having hope in the camps was a matter of life and death because it provided inner strength to withstand suicide, illness and giving up.

### ?? 3. Sources of Meaning: Meaning can be found in purposeful work, love, and the way we endure suffering.

Meaning in life comes from fulfilling work, loving relationships and courageous suffering. Finding meaning is realizing there is some responsibility you must fulfill in the future, something only you can do. Meaning is usually not found through introspection, but by relating in some way to the outside world.

### ? 4. Meaning in Suffering: Exploring how it is possible to find a deeper meaning within experiences of suffering

Suffering is an inescapable part of life. You do not need to be suffering now to find meaning in life. However, if your destiny is to suffer, then you can always find meaning in how you respond to your suffering. When your suffering finds a meaning, it is transformed and stops being suffering.

### ? 5. The Last Freedom: Our ultimate freedom lies in our ability to choose our attitude and response in any situation

Some of the prisoners in the concentration camps were selfless and kind, others were selfish and mean. This was also true of the guards. This showed Frankl that we always have the freedom to choose our response to whatever life brings us. That is one thing nobody can take away from you.

### ? 6. Meaning as Therapy: Finding meaning can serve to nurture and heal our soul—our mental well-being

Older forms of therapy like psychoanalysis were centred on talking about your past. Frankl thought this neglected the deepest human need for meaning. So he created Logotherapy, which helps people find meaning by pointing them towards the future, towards some goal or responsibility they must fulfill. This creates a positive tension as people strive to fulfill a meaning that is unique and specific to them.

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## **This is just a sample!**

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