



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

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. Frankl's personal story of finding a reason to live in Nazi concentration camps has inspired millions. In *Prisoners of Our Thoughts*, Dr. Alex Pattakos—whom Frankl urged to write this book—elaborates seven “core principles” based on Frankl's philosophy and demonstrates how they can help us find meaning in our everyday lives and work . This second edition features new stories and examples of people who have applied the principles in the book or who exemplify them; new practical exercises and applications; and a new chapter, “The Meaning Difference®,” which summarizes research demonstrating the critical role of meaning in improving the quality of people's lives, increasing happiness, promoting health and wellness, and achieving their highest potential.

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