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TOWARDS A MEANINGFUL LIFE. A LOGOTHERAPY MANUAL

Eine praktische Anleitung der Logotherapie

5. Auflage 2022

Softcover, 134 Pages, 165 x 240

ISBN: 9783701730414

€ 19,00 incl. VAT

Release date: 01.05.2007

What do I live for? What gives meaning to my life? It is a fundamental need of human beings to find their individual meaning in life. This holds particularly true for times of crisis. Meaning, however, means something different to every one of us, and it can also change in the course of life. The search for meaning is thus a very personal issue, and each answer is unique. Alfred Längle explains the basic elements that help us to find our meaning in life. Step by step he guides the reader on his or her individual way. The book features many practical examples, instructions and exercises, and the texts invite the reader to reflect on his or her personal life. It is a practical guide and an easy-to-read introduction to the basic concepts of logotherapy and existential analysis.

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