



Alfried Längle

## TRACES OF MEANING

An Answer to Life

Extended new edition

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Viktor Frankl's long-time collaborator prompts readers to think more closely about answers to life's most important questions.

What is it that really matters in life? Are there traces of meaning in my life that I can explore further? How can I make time for that? Are there other ways we can obtain a deeper understanding of ourselves? Or get answers to life's big questions? This book addresses the big-ticket questions as well as everyday problems and issues of meaning in brief fragments. Meditative questions prompt an individual and creative approach to a broad range of themes in the search for life, fulfilment and meaning. These prompts encourage readers to think, to question, to draw connections with their own experiences, to consider their own answers—often leading to unexpected new paths, as well as old ones.

### ALFRIED LÄNGLE

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Born in 1951, studied medicine and psychology in Innsbruck, Rome, Toulouse and Vienna, doctor of general medicine and psychotherapeutic medicine, clin. Psychologist, psychotherapist, teaching therapist (GLE), associate professor at the Psychol. He was Vice President of the International Federation of Psychotherapy (IFP) for eight years until 2010, Honorary President of the International Society for Logotherapy and Existential Analysis (GLE-Int.) based in Vienna and has a psychotherapeutic practice in Vienna. Numerous awards, including six honorary professorships and the Austrian Cross of Honour for Science and Art.