



The Will to Meaning: Foundations and Applications of Logotherapy

Viktor E. Frankl

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Holocaust survivor Viktor E. Frankl converted the horrors he experienced in a German concentration camp into the pioneering philosophy he called logotherapy. Unlike Freud's "will to pleasure" and Adler's "will to power," Frankl based logotherapy on three things: the freedom of will, the will to meaning, and the meaning of life. By presenting three methodological concepts, Frankl shows how we can all reinvigorate our experiences and tie them to will and power.

Originally published in 1988 and compiling Frankl's speeches on logotherapy, *The Will to Meaning* is regarded as a seminal work of behavior therapy.

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