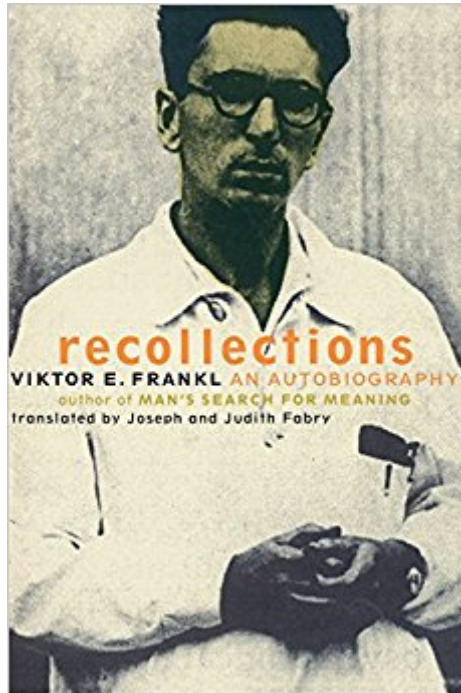




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Recollections: An Autobiography



Synopsis

Born in 1905 in the center of the crumbling Austro-Hungarian Empire, Viktor Frankl was a witness to the great political, philosophical, and scientific upheavals of the twentieth century. In these stirring recollections, Frankl describes how as a young doctor of neurology in prewar Vienna his disagreements with Freud and Adler led to the development of "the third Viennese School of Psychotherapy," known as logotherapy; recounts his harrowing trials in four concentration camps during the War; and reflects on the celebrity brought by the publication of *Man's Search for Meaning* in 1945.

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Customer Reviews

Frankl, psychologist and author of *Man's Search for Meaning* (1959), recounts his life in Austria from his birth in 1905 to the end of World War II. Even as an adolescent, Frankl was drawn to the workings of the human mind. He devoted himself to the study of psychology while a very young man and was mentored by pioneer psychologist Alfred Adler. Frankl, though, eventually rejected key tenets of Adler's teachings, and the two split forever. On his own, Frankl developed logotherapy, a combination of psychology and philosophy, to help people search for values and meaning in a world often devoid of both. But then Frankl, a Jew, came up against Hitler's Anschluss of his homeland and, later, the concentration camps and their attendant horrors, putting Frankl's logotherapy to the supreme test. An enlightening look at an important twentieth-century intellectual. Brian McCombie

--This text refers to an out of print or unavailable edition of this title.

"An inspiring book by a man who obviously practices what he preaches." -- Publishers Weekly
"As simple, spontaneous, short and humble an autobiography as I have ever come across. Its affect is on the one hand awe-inspiring, and on the other chilling...it is humbling to review the literature of genius." -- Toronto Globe and Mail

The first thing to read about Viktor Frankl is his famous book, "Man's Search for Meaning," in which he tells of his experience as an Austrian Jew in Auschwitz during World War II. A man with a heroic nature, who gave inspiration to many in the concentration camps, Frankl carried his experience and philosophy on "the last freedom" out of Auschwitz and into the lives of many thousands of people. Unless one has read "Man's Search for Meaning", this autobiography may strike the reader as "So what?". But if you have read the famous one, the information provided here will all fit in place. At 133 pages, this autobiography is brief, and written in a relaxed conversation style. Some of what Frankl chooses to tell about himself is unaccountably mundane, but most of it is very worthwhile. It does have quite a few of those little details that you might be hoping to find, along with a good array of photographs. And if you want a clear summary of the philosophical and psychological influences on his life, you'll find that too. It gives an interesting glimpse into that world of German psychiatry and philosophy at the time that Freud was doing his work. In that context, one understands better the significance of Frankl's philosophy and psychiatric practice. Before the war, Frankl was already challenging his colleagues' tendency to see human nature as a bundle of psychology; he was saying that there is a real self in each person whose potentia need to be called upon to take responsibility for his/her challenges in life. After the war, that view got Frankl in trouble with a lot of people, because he refused to blame all Germans, or even all Nazis. In fact, Frankl's whole life experience and the message he shares is one of not blaming others for what has happened to you. Coming from an Auschwitz survivor who lived what he preached to the ultimate degree, it's a message that has helped many thousands of people.

I will have to read this book several more times. Reading it was like having a wonderful human being sitting next to me in my living room.

Great book! Dr. Frankl's books have such a wonderful combination of theory and his own life experiences which validate his research. They are short and easy to read even for a lay person without medical or psych background. The horrors of the Holocaust which he experienced first-hand

and describes in a way that they are so real to the reader--coupled with his (well proven) theory that it is possible for a person to survive--and even thrive--after such unimaginably horrific experiences. I would highly recommend this book as well as his masterpiece "Man's Search for Meaning".

Well, I'm a Viktor Frankl admirer and advocate--he can do no wrong and has helped thousands with his writings and memoirs. Do yourself a favor and look into logotherapy.

Recollections provides rare insight into the emotions of a brilliant psychiatrist, Viktor Frankl, during his imprisonment in some of Hitler's worst death camps. The power to choose one's attitude toward a given set of circumstances is paramount. The book is filled with personal anecdotes from the lives of historical figures in the history of psychology, like Adler and Freud, as well as discussing the roots of Frankl's own form of psychotherapy, Logotherapy, a therapy of meaning. Thoroughly readable and captivating while at the same time instructive. Should be helpful to anyone who is suffering. Elizabeth Skoglund, author of Divine Recycling

I love any work of Viktor Frankl. He writes about honorable men. He was an honorable man and I wish I encountered more honorable men as I go about my life. He was a great man and reading his book becomes a life-changing event.

it's a pretty brief book and I thought it would give his life story and more about his psychological insights, but it doesn't. so I've ordered 'the meaning of life' and hope this holds his tale

This is an amazing man. To have lived through 4 concentration camps and read his whole life, you would never know what this amazing man went through. He didn't talk about the camps in his book but more about his life before and after the camps. I would recommend you read his other book before reading this one. He definitely is one amazing man.

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