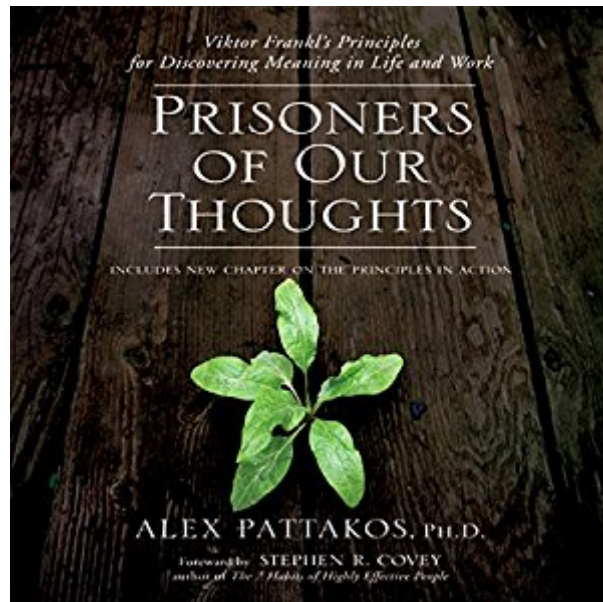


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# Prisoners Of Our Thoughts



## Synopsis

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 the most horrendous of circumstances, Nazi concentration camps, has inspired millions. Now, *Prisoners of Our Thoughts* applies Frankl's philosophy to the workplace, detailing seven principles for increasing your capacity to deal with work challenges, finding meaning in your daily work life, and achieving your highest potential. Alex Pattakos, Ph.D., a dedicated student of Frankl's thought, was urged by Frankl himself to write this important audiobook. In it, Pattakos draws on the entire body of Frankl's work, illustrating his philosophy through seven easy-to-understand principles: 1. Exercise the freedom to choose your attitude 2. Realize your will to meaning 3. Detect the meaning of life's moments 4. Don't work against yourself 5. Look at yourself from a distance 6. Shift your focus of attention 7. Extend beyond yourself. Through stories, examples, and thought-provoking exercises, Pattakos illustrates how you can apply each of these principles to various work situations and everyday life. As Dr. Frankl would say, only we, as individuals, can answer for our own life by detecting the meaning at any given moment and assuming the responsibility for weaving our own unique tapestry of existence. The search for meaning at work offers us both formidable challenges and ample opportunities. *Prisoners of Our Thoughts* makes Frankl's seminal work accessible and relevant, opening up new opportunities for finding personal meaning through work and living an authentic life.

## Book Information

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## Customer Reviews

This book helps make practical a very nebulous but valuable skill. Let me explain: About 29 years

ago, as a teenager, while roaming the Birmingham Public Library, I picked up a worn copy of Victor Frankl's book about man's search for meaning. I vividly remember where I was standing, think I could almost go to the spot on the shelf where I found the book; I think the memory lives clearly because as I scanned through the book, I became haunted with the images that came from its pages and moved by the strength of which it testified. I sat down, read more, took the book home, and never forgot the lesson. When I worked as a janitor in high school at a local gym, I tried to find meaning by framing my work as helping provide a wholesome environment for children. When I worked as a cook at Hardee's, I was helping keep families together by providing a convenient and affordable place to escape and relax. When I worked alone as a chemist on army contracts, I was helping preserve freedom. When I worked as an ER physician, the value of saving lives was plain but then the challenge was to find meaning in the suffering around me. These examples (from my work life) show what I strove for; but the practical, every-day accomplishment of finding meaning in the pain, drudgery, and short-term injustice that swirls around me and everyone I know has not always been a task at which I've been successful. Sometimes, I left the gym nasty and tired and just angry at how inconsiderate people can be.

I was looking forward to reading this book when I found that Alex Pattakos had written it. I was not disappointed. I looked forward to reading the book because it was based, at least in part, upon Frankl's classic *Man's Search for Meaning*. I read and studied Frankl's book 25 years ago at a particularly low spot in my life - my younger brother, Bill, had died suddenly of a heart attack when he was only 40. My father was quite ill with heart disease, and I was about to be diagnosed with cancer. What was the meaning of life? Frankl's answer to that question influenced me in many ways, more than I ever realized until I read Pattakos's book. Since I had not read Frankl in over twenty years, I could now see how his teaching had informed my life. This is a great book - probably one of the best books on work life yet written. I read the book in one sitting (something I've never done before), marking the book and making numerous notes. I intend to give it to my friends as gifts. Pattakos writes in his preface, " This book deals with the human quest for meaning and, therefore, was written with you in mind. It is grounded firmly in the philosophy and approach of the world-renowned psy-chiatrist, Viktor Frankl, author of the classic bestseller, *Man's Search for Meaning* (named one of the ten most influential books in America by the Library of Congress). Frankl, a sur-vivor of the Nazi concentration camps during World War II, is the founder of Logotherapy, a meaning-centered and humanistic approach to psychotherapy. His ideas and experi-ences related to the search for meaning have significantly influenced people around the

world.

Prisoners of Our Thoughts: Viktor Frankl's Principles at Work by Dr Alex Pattakos have been attracted to this wonderful book because I have been inspired by the life story of Dr Viktor Frankl, particularly the unspeakable horrors of his forced imprisonment at the Auschwitz concentration camps during the Second World War. That horrendous period of his life was captured in his book, 'Man's Search for Meaning', which I have reviewed earlier. Using the inspirations from Dr Viktor Frankl's work, the author has very artfully drawn from his own personal observations, & experiences, the testimonials & quotations, & other anecdotes to create a thoughtful & powerful corporate guide for breaking free from old patterns of thought & action. In this respect, he has done quite a remarkable job. Although I have earlier picked up several learning points on my own, based on my own review of Dr Frankl's book, & after watching Joel Barker's 'The Power of Vision' video (which has a vital segment on Dr Frankl's life story), I am very impressed by the author's discovery of many further principles which could be applied in our own lives. In a nut shell, they are:- exercise the personal freedom to choose our attitude or outlook;- realise our will to meaning or significance;- detect the meaning of life's moments & questions;- don't work against ourselves;- look at ourselves from a distance;- shift our focus of attention or maintain fluidity of perception;- extend beyond ourselves; Having read (& reviewed) Dr Frankl's 'Man's Search for Meaning' earlier actually facilitates my smooth digestion of Dr Pattakos' unique intellectual contemplations & deliberations as embodied in his wonderful 'Prisoners of Our Thoughts'.

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