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REVIEW OF CUTE CATS FARTING COLORING BOOK SUPER CUTE KAWAII COLORING BOOKS

- This may be the only negative review of this book, but there needs to be a first for everything. This book started off great, recollections of the tragedies and sufferings that the author (Viktor Frankl) experienced in numerous German concentration camps during the second World War. But the first section, describing the actual war, was intriguing and kept me reading. But with the introduction of Logotherapy, the book started to go downhill, and I lost interest in it, as logotherapy and an in-depth view of human reactions just isn't my thing. So, if you're into psychological text, this is your book, but if you're the action/suspense kind of book reader, you can read the first section. This was just a disappointment after the first section.
- Every now and then, I notice that a book is frequently mentioned in conversations or referenced in other works. Once I have made that mental connection, I am compelled to discover why that book has influenced so many different people. Viktor Frankl's "Man's Search for Meaning" is one of those influential books, and now I know why -- it is one of the best, thought-provoking, and potentially life-changing books I have ever read. Frankl was a Holocaust survivor who used his concentration camp experiences as a laboratory to study the nature and character of man. Frankl went on to become a world-renowned psychiatrist whose thoughts developed a new psychotherapy called logotherapy. Frankl believed man's main concern in life is in fulfilling a meaning that is unique only to him, that each life has its own specific meaning, and that everyone is responsible for his

own life and existence. The book was broken down into two complementary chapters, and a postscript (revised edition). In the first chapter, "Experiences in a Concentration Camp," Frankl shared his thoughts and observations as a prisoner in Nazi concentration camps. The descriptions of his life and the lives and actions of his fellow prisoners was authentic, yet not as overly graphic as other Holocaust accounts I have read. In the second chapter, "Logotherapy in a Nutshell," Frankl gave a scholarly explanation of logotherapy. While some of the more academic terms and concepts were difficult to understand at first and required me to re-read some sections, he gave sufficient examples that helped me to get his main points. The postscript was titled, "The Case for a Tragic Optimism," and was based on a lecture Frankl gave in 1983. Frankl defined "tragic optimism" as "...an optimism in the face of tragedy and in view of the human potential which at its best always allows for: (1) turning suffering into a human achievement and accomplishment; (2) deriving from guilt the opportunity to change oneself for the better; and (3) deriving from life's transitoriness an incentive to take responsible action." The postscript helped me to better understand some of the more difficult connections between the first two chapters. Throughout this book, I found many spiritual and thought-provoking quotes and passages that made reading it a very personal and reflective experience for me: "He who has a 'why' to live can bear with almost any 'how.'" Friedrich Nietzsche "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be

taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way." "Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual." "...the commonplace truth that no one has the right to do wrong, not even if wrong has been done to them." "Man is 'not' fully conditioned and determined but rather determines himself whether he gives in to conditions or stands up to them. In other

words, man is ultimately self-determining. Man does not simply exist but always decides what his existence will be, what he will become in the next moment." "Live as if you were living for the second time and had acted as wrongly the first time as you are about to act now." "In the past, nothing is irretrievably lost, but rather, on the contrary, everything is irrevocably stored and treasured." "I consider my life to be a constant work-in-progress, so this book is on my short list of books that I plan to read again and again to help me keep my life focused and meaningful.