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REVIEW OF UMBERTO MILETTO BODY BUILDING ROIDSUPPLIER

- Victor Frankl's Man's Search for Meaning is a book that any reader can learn from. Frankl shares his experience as a prisoner in a Nazi concentration camp during WWII, and how this experience helped him to develop an approach to psychotherapy (called logotherapy). Even those readers who are not interested in the details of his theory will enjoy Part I, which consists of the story of his experiences at Auschwitz and Dachau. His main point is that everyone can find the will to go on, even in the direst of circumstances, if only we can identify something that we are willing to live for. Frankl's tragic experiences, and his glorious victory are an example for every human to aspire to.

Man's Search for Meaning should be required reading for life!

- This one sort of falls into the genre of "coffee table books." That being said, it is a well done coffee table book, and unlike so many others of this ilk, it actually has some interesting information to go along with the wonderful illustrations. I like Poster Art, always have and do enjoy having this book. The reason for the 4 star rating, is that I thought that with all the work that obviously went into this work, a wider variety could be given and the text expanded. It is a good book though and I do recommend it. If nothing else, it is quite interesting to just flip through and enjoy the illustrations, or, if you like, just to set on your coffee table.