



# **Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work**

*Alex Pattakos*

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## **Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work**

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7 Principles for Finding Meaning in Life & Work World-renowned psychiatrist Viktor Frankl's Man's Search for Meaning is one of the most important books of modern times. Frankl's extraordinary personal story of finding meaning amid the horrors of the Nazi concentration camps has inspired millions. Frankl vividly showed that you always have the ultimate freedom to choose your attitude-you don't have to be a prisoner of your thoughts. Dr. Alex Pattakos-who was urged by Frankl to write Prisoners of Our Thoughts-and Elaine Dundon, a personal and organizational innovation thought leader, show how Frankl's wisdom can help readers find meaning in every moment of their lives. Drawing on the entire body of Frankl's work, they identify seven "core principles" and demonstrate how they can be applied to everyday life and work. This revised and expanded third edition features new stories, practical exercises, applications, and insights from the authors' new work in MEANINGology. Three new chapters outline how we all can benefit by putting meaning at the core of our lives, work, and society. And a new chapter on Viktor Frankl's legacy illustrates how his work continues to influence so many around the world.

## **Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work Details**

Date : Published January 1st 2008 by Berrett-Koehler Publishers

ISBN : 9781576754061

Author : Alex Pattakos

Format : Paperback 196 pages

Genre : Psychology, Philosophy, Nonfiction, Self Help, Audiobook

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# From Reader Review Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work for online ebook

## Jake Jeffries says

Meh. I had high hopes for the book after reading Man's Search for Meaning by Viktor Frankl. After reading it, I was disappointed. I didn't think it added anything that wasn't captured in and executed better in Frankl's book.

### Ahmed says

[illegible]

## NormaCenva says

An updated take on the issues explored in the previous parts of the series. Great to read through some more modern examples.

### Nicholas says

Just read Frankl.

### Quotes:

"If we just intellectualize these core principles and verbalize them, but do not share and practice them, we would be like a person who is blind from birth explaining to another what it means to see, based on an academic study of light, its properties, the eye and its anatomy."

"(1) we are free to choose our attitude toward everything that happens to us; (2) we can realize our will to meaning by making a conscious commitment to meaningful values and goals; (3) we can find meaning in all of life's moments; (4) we can learn to see how we work against ourselves; (5) we can look at ourselves from a distance and gain insight and perspective as well as laugh at ourselves; (6) we can shift our focus of attention when coping with difficult situations; and (7) we can reach out beyond ourselves and make a difference in the world."

"Only as individuals can we answer for our lives."

"Our first task is to stop complaining."

"What, if anything, did you actually do about it? As you think about the situation now, what did you learn from it? What would you have done differently."

"It was the leader behind the leader who was the real leader."

"You need to be ready and able to plan for the fear or anxiety to happen rather than fight or ignore it."

"Life will give you back everything you have given it. Your life is not a coincidence. It's a reflection of you."

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### **Arthur Queen says**

Would've rather just read Frankl.

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### **Rene Anthony says**

Frankl's principles are life-changing, but I question the value that Pattakos adds in this book. A lot of filler here!

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### **Matthew says**

I would've given this book a two or three, but the writing is so uneven it's difficult to gather the good from the bad. I agree with another reviewer - just read Frankl.

He goes on and on against complaining before adding the nuance that complaint might be part of the clarification that leads to action. This is typical of Pattakos's inability to distinguish one type of struggle versus another, a situation of "unavoidable suffering" in a concentration camp vs the struggle against bad working conditions. He sets his uncle's imprisonment for his beliefs next to Mandela's, failing to note the nature of Uncle Stylianos's "so-called junta". Seriously.

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### **Chris Gottlieb says**

Be the creator of your own growth and happiness: Prisoners of our Thoughts brings to life one of the most important principles that Viktor Frankl awakened in many of us - and that is that "everything can be taken from a man but...the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's way". Given what I have learned from this one quote, I feel a responsibility to recommend Prisoners of Our Thoughts to others.

Dr Pattakos both captures the experience and teachings of Frankl (and himself) in an accessible and captivating manner and also opens them up to help the reader to do something with them. He shows us that

any of us can break out of the prisons of our thoughts by choosing to shift how we experience the most frustrating and disappointing situations at work, The exercises boost the value to the reader if he or she takes the time and energy to authentically address the straightforward, yet thought-provoking questions. And one might even be surprised with some of the answers that emerge. I was!

Dr Pattakos uses examples that each of us can relate to and that demonstrate the power of looking at our work through a new lens - that is, creating a bigger context that elevates the meaningfulness of anything we do if we `choose' to. I loved the story of Winston the bus driver who brought joy and connectedness to all his passengers. As a dear colleague once said to me, you have three ways to live your life: as a victim where it happens to you and you have no control, reactively where you automatically respond, or from a place of creation where it is up to you to choose. If you do want to live from a place where you create your life and work, then you will greatly enjoy Prisoners of our Thoughts and find it personally and professionally relevant.

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### Shennety says

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### Foad Ansari says

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### Hans says

The thing that moved me the most about this book was the clarity it brought to some of Viktor Frankl's ideas. I am especially fond of the idea that life is full of meaning and purpose but it is up to the individual to create it for themselves. There are ways of rising above the human condition, not escaping it, but transcending it through liberation from poor values, perspectives and attitudes. Personal growth is a trail walked alone and yet we are all on it together. True inner freedom only comes from owning our decisions, being completely responsible for ourselves and our own growth and mishaps and not laying it at the feet of circumstance or others. All in all a good concise book, recommend it to anyone struggling with their own inner demons.

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### Lulu Noor says

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### **Chetan Desai says**

Books on logotherapy can truly change your life by helping to know how to live with a meaning. While Viktor Frankl is a pioneer, and nothing can replace his books and examples, every new perspective helps to digest and learn the concept that much better. Must read!

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### **Rana Abid says**

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### **Munira almansour says**

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