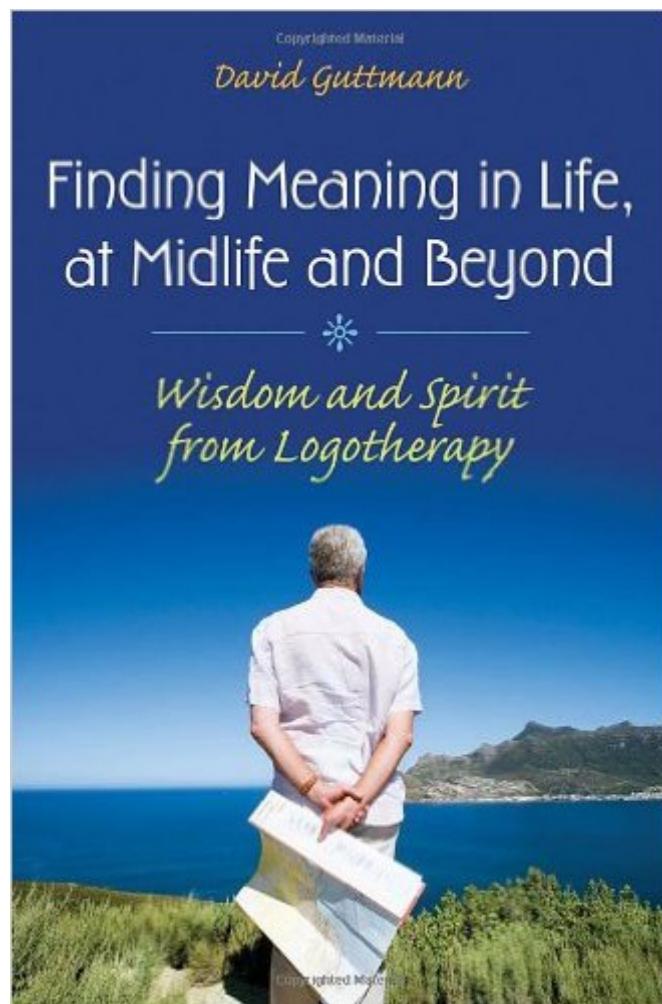


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# Finding Meaning In Life, At Midlife And Beyond: Wisdom And Spirit From Logotherapy (Social And Psychological Issues: Challenges And Solutions)



## Synopsis

Having been mentored by Viktor E. Frankl, the founder of logotherapy, Emeritus Professor David Guttmann authored this book so general readers may understand this approach to finding meaning in life at the point when most of us begin deeply wondering over that question, at midlife and beyond. Especially in this day and age of multiple demands on our time and seemingly non-stop obligations, we too often find that it is only when the dust settles, after a work day or work week, or even after retirement, when we begin to wonder: What is the meaning of life? The purpose? This book is a new millennium venture into those questions and their answers using logotherapy, written by a sage understudy who recalls Frankl, with his logotherapy, as the epitome of his theory even at 80 years old, wise and witty, exuding an energy, enthusiasm and youthful spirit that belied his years by decades. Aging does not diminish our power, our energy, and our quest for life, but reshapes it with new understandings, goals, and needs. But, says Guttmann, we live in a technical and machine-based world now, in which there is a danger of losing our souls. Here, readers find a new, creative perspective on aging and a fresh spiritual outlook. This book will be of interest not only to general readers, especially those at midlife and beyond, but also to their families, friends, and students or professionals in the helping professions. This unique work provides knowledge to find meaning in life derived from the fields of philosophy, psychology, religion and gerontology, with case illustrations and vignettes to give readers both intellectual pleasure and practical guidance.

## Book Information

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## Customer Reviews

Professor Guttmann's new book in logotherapy is a welcome addition to the fast growing literature on the main tenets of logotherapy by its founder, Professor Viktor E. Frankl. Written by one of his disciple and personal friends, this book offers a new, fresh, optimistic, spiritual and positive outlook on life. This book emphasizes the need to say "Yes" to life at a time when we begin to question the purpose and the meaning of our existence. Professor Guttmann's book provides the general and the professional reader answers based on practical and theoretical knowledge derived from the realms of psychology, philosophy, gerontology and religion along with case illustrations and vignettes. This book helps one to cope with the danger of losing his or her soul in midlife and in old age in our machine-based world. As Such this book is a valuable guide to everyone, while to members of all the helping professions it is a must.

David Guttmann does a fine job of taking philosophy, logotherapy, and real life issues we will all face in old age and painting a very optimistic outlook on our second half of life. He provides other perspectives that value self responsibility and free will. As a social worker working with the elderly, I really appreciate his approach and empowering outlook on growing old. I think it is a must have for anyone going into gerontology or working with older people in any profession. It is certainly applicable to all adults as we will all be faced with death at some point.

Good ideas for working through the "golden years."

Wonderful book! Easy to read; lots of history and advice!

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