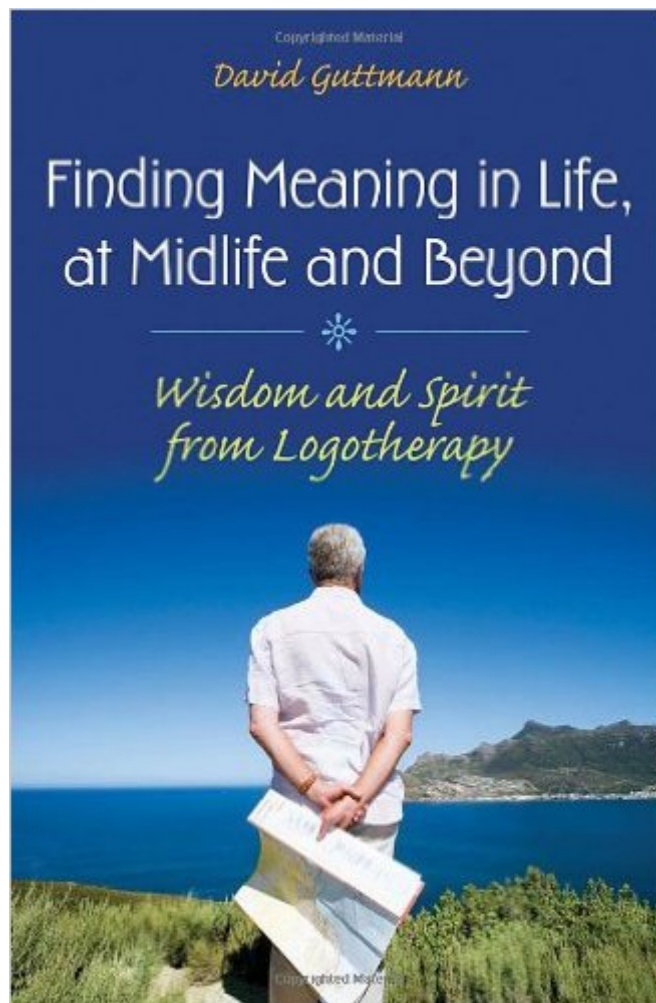


The book was found

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 Guttman 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 Guttman, 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

Series: Social and Psychological Issues: Challenges and Solutions

Hardcover: 192 pages

Publisher: Praeger (September 30, 2008)

Language: English

ISBN-10: 0313360170

ISBN-13: 978-0313360176

Product Dimensions: 9.3 x 6.2 x 0.9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #2,174,077 in Books (See Top 100 in Books) #77 in [Books > Medical Books > Psychology > Movements > Existential](#) #719 in [Books > Politics & Social Sciences > Philosophy > Movements > Existentialism](#) #1013 in [Books > Politics & Social Sciences > Social Sciences > Gerontology](#)

Customer Reviews

Professor Guttman'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 Guttman'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 Guttman 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!

[Download to continue reading...](#)

Finding Meaning in Life, at Midlife and Beyond: Wisdom and Spirit from Logotherapy (Social and Psychological Issues: Challenges and Solutions) The Will to Meaning: Foundations and Applications of Logotherapy It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond How to Survive Your Husband's Midlife Crisis: Strategies and Stories from the Midlife Wives Club My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) In a Spirit of Caring: Understanding and Finding Meaning in the Doctor-Patient Relationship Finding Meaning: Kaona and Contemporary Hawaiian Literature (Critical Issues in Indigenous Studies) The Middle Passage: From Misery to Meaning in Midlife The SPIRIT Comic

Books, Vol. 2: Issues #6-7-8-9-10: Five Complete Issues of the Classic 1940s Comic Books by Will Eisner Brooks/Cole Empowerment Series: Social Welfare Policy and Social Programs (SW 323K Social Welfare Programs, Policies, and Issues) Social Security: Time for a Life of Leisure - The Guide of Secrets to Maximising Social Security Retirement Benefits and Planning Your Retirement (social ... disability, social security made simple) Finding the Wow: How Dreams Take Flight at Midlife Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Why You're Stuck: Your Guide To Finding Freedom From Any Of Life's Challenges Professional Nursing: Concepts & Challenges (Professional Nursing; Concepts and Challenges) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense The One-Minute Meditator: Relieving Stress and Finding Meaning in Everyday Life Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up Unmasking Psychological Symptoms: How Therapists Can Learn to Recognize the Psychological Presentation of Medical Disorders Distinguishing Psychological From Organic Disorders, 2nd Edition: Screening for Psychological Masquerade

[Dmca](#)