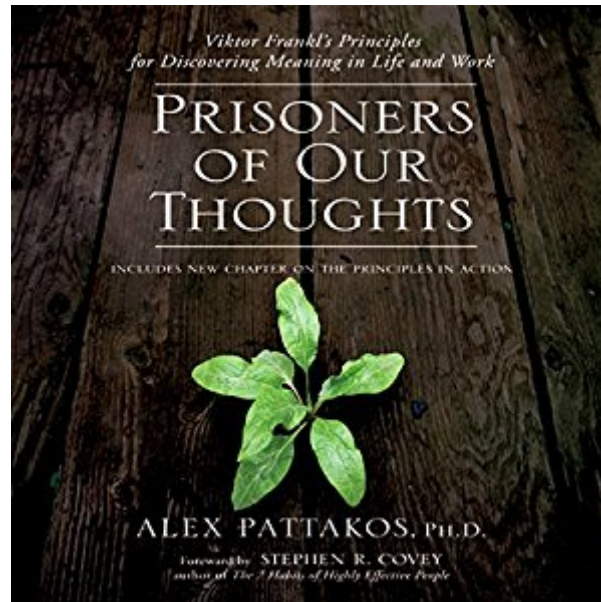




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# Prisoners Of Our Thoughts



## Synopsis

This timely book expands on Viktor Frankl's seminal *Man's Search for Meaning*, examining the book's concepts in depth and widening the market for them by introducing an entirely new way to look at work and the workplace. Alex Pattakos, a former colleague of Frankl's, brings the search for meaning at work within the grasp of every reader using simple, straightforward language. The author distills Frankl's ideas into seven core principles: Exercise the freedom to choose your attitude; Realize your will to meaning; Detect the meaning of life's moments; Don't work against yourself; Look at yourself from a distance; Shift your focus of attention; and Extend beyond yourself. By demonstrating how Dr. Frankl's key principles can be applied to all kinds of work situations, *Prisoners of Our Thoughts* opens up new opportunities for finding personal meaning and living an authentic work life. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

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Version: Unabridged

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Best Sellers Rank: #8 in Books > Audible Audiobooks > Business & Investing > Business Life  
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> Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP

## Customer Reviews

Very good read. Needs to be reread as there is a lot of information. Also it helps to read Victor Frankel book first which I did not do. A big problem with a lot of these books is they have exercises which are hard to follow through when reading on a kindle. If the book is going to be studied which it should then I suggest getting a hard copy (maybe used) and the kindle version to really get the most out of the book.

*Prisoners of Our Thoughts* is aptly named and Pattakos takes the reader to that understanding by deftly drawing on Viktor Frankl's philosophy and writing on the importance of looking for meaning in

life. Pattakos' main focus is to relate Frankl's philosophy to the modern day workplace, which for many of us is the main moral battleground we experience on a daily basis. My biggest takeaway was the image of a maze in which we are searching for meaning - in contrast to the two other main 20th century philosophies of human motivation: Power and Pleasure. Pattakos stays very true to his understanding of Frankl's life and work, so in essence this book is a re-reading of Frankl's work within a "modern" context. That came as a surprise to me, but by the end I appreciated his deference to the inspiration for the book. It would be a good idea to read "Man's Search for Meaning" if you haven't done so already.

Then you'll enjoy this book. I'm a raving fan of Victor Frankle's Man's Search for Meaning. It might be the most powerful secular text I've ever read. Freud proposed maximizing pleasure & minimizing pain. Adler talked about being attracted to power. Frankle believed in the importance of meaning. Alex Pattakos was Frankle's apostle & keeps this torch burning.

Pattakos takes Frankl's work and applies it to the workplace. And the core message of Frankl comes through: we cannot control what happens to us but we can control our reaction to it. He spreads various exercises through the book to help the reader understand the meaning embedded in each and every experience. A short book and well worth the time.

When Tony Robbins recommends a book like this one, you get it and keep it as a reference once you've read it.

A complex subject written in a simple manner . Makes assimilation and absorption an easy process. Concepts if applied has the power to redefine your space under the sun.....I liked it and most impressed by the title of the book as well. A word we use often is that of title and little did I know a book has been written on the same words!

Excellent guide to Frankl's understanding of cognitive theory

I loved it! It does follow along the lines of the "Secret" and other such books. The basic premise is change your thoughts in order to change your life. I personally feel that at some point or another in our lives we need to read a book like this and start implementing some of these ideas. Especially with the way the economy has been the past few years.

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