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Excellent for anybody who wants to ponder what can fulfill his/her life. Given today's pressurized life style, it is important to reflect what is important and how we react to life's demands. One person found this helpful

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Prisoners of Our Thoughts opens up new opportunities for finding personal meaning through living an authentic life. \u00a92017 Alex Pattakos, PhD, and Elaine Dundon (P)2017 Alex Pattakos, PhD, and Elaine Dundon. More from the same. Author. Prisoners of Our Thoughts;

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**Prisoners of Our Thoughts, 3rd Edition [Book]**

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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.

The author uses Victor Frankl's book Man's Search for Meaning to present a practical guide to survival and prosperity in the workplace, identifying seven core principles from Frankl's work that can be applied to a wide variety of work situations.

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Are we all prisoners of our own minds. Imprisoned by our thoughts, ideas, culture, goals, a sense of belonging and everything else that comes with being a human and how we have learnt to live. You may go through a point in your journey in life when you feel trapped inside your mind. The insecurities, self doubt and everything else that could go with it, pile up, and somehow you find yourself imprisoned inside your own mind. I guess at times, we are guilty of overburdening ourselves, and in the process, also start manufacturing problems for ourselves. What the world thinks of us, or the desire to be liked and admired, chasing a goal or ambition. The need to succeed and get somewhere, can all get very taxing. Prisoner of a mind is not really a self help book, but rather a compilation of thoughts of a human mind. Most of us experience our life differently and in our own unique way. Learning from each other is how we get started. This book is dedicated to all those struggling human minds who find themselves on a journey. Chasing their goals, ambitions and everything else along the way. Life is a journey of continuity with no preconceived idea of a final destination. So I am learning to let a life live through me, and experience living for as long as it can.

Named the "2015 Self-Help Book of the Year" at the New Mexico-Arizona Book Awards In chasing "the good life," many of us sacrifice our relationships, our health, and our sanity, but at the end of the day, we still find ourselves with lives and work that bring us little fulfillment. Life isn't about the pursuit of happiness, which is superficial and fleeting. It's about meaning, which helps us realize our full potential, and knowing that our lives and work matter—regardless of circumstances. Dr. Alex Pattakos and Elaine Dundon, two bestselling authors and leaders of the Meaning Movement, give readers The OPA! Way: Finding Joy & Meaning in Everyday Life & Work. Inspired by the wisdom of ancient Greek philosophy and traditional village values, and backed by years of research, The OPA! Way provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life. Pattakos and Dundon demystify the subject of meaning by sharing insights, stories, and three core lessons to guide you on your odyssey: Connect meaningfully with Others Engage with deeper Purpose Embrace life with Attitude Stop searching for happiness and start searching for meaning. Create the life you want, The OPA! Way.

16 MILLION COPIES SOLD 'A book to read, to cherish, to debate, and one that will ultimately keep the memories of the victims alive' John Boyne, author of The Boy in the Striped Pyjamas A prominent Viennese psychiatrist before the war, Viktor Frankl was uniquely able to observe the way that both he and others in Auschwitz coped (or didn't) with the experience. He noticed that it was the men who comforted others and who gave away their last

piece of bread who survived the longest - and who offered proof that everything can be taken away from us except the ability to choose our attitude in any given set of circumstances. The sort of person the concentration camp prisoner became was the result of an inner decision and not of camp influences alone. Frankl came to believe man's deepest desire is to search for meaning and purpose. This outstanding work offers us all a way to transcend suffering and find significance in the art of living.

The world is filled with people who are at wit's end with their careers. Whether it is a lack of fulfillment, long hours, time away from our families, office politics, or the burning desire that we were meant for something else, most of us have felt the urge to leave our job and pursue a career that we feel will offer us fulfillment. Just when we think we have reached the breaking point, our thoughts turn to the income, status, and security that our jobs offer. Unable to walk away from the level of success we have attained, we continue toiling away at a career we sometimes despise. Prisoners Of Our Own Success investigates how we perceive success and offers a roadmap on how to find significance in our careers as we redefine success on our own terms. This is a must read for anyone who has achieved success, but has been left wanting.

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