

Contents

Foreword	9
Translator's Note	11
Logotherapy's Concept of Man	13
Classification of Logotherapy	15
The Concept of Dimensional Ontology	21
The Dialectic of Fate and Freedom	28
Conscience, the "Organ of Meaning"	34
The Dialectic of Vulnerability and Intactness	38
The Dialectic of Pleasure Orientation and Meaning Orientation	42
An Intermediary Case Study	50
Two and three dimensional interpretations	54
The Dialectic of Character and Personality	60
Self-knowledge and Dealing with Oneself	66
The Logotherapeutic Form of Conversation	71
Keywords as a Guarantee Against the Imposition of Values	73
The Problem of Ambivalence: the Torn Human Being	78
The Problem of Non-acceptance: People Who are Frozen by Protest	82
The Problem of Ignorance: the Person Walled-in by Indifference	87
Reflections on a "Rhetoric of Love"	91
The Methods of Logotherapy	109
The Categories of Neurosis According to Viktor E. Frankl	111
The Origin of Anxiety Neuroses	120
Curing Anxiety Neuroses	125
Keeping the Compulsive Neurotic Character in Check	136
A Bit of Unkindness: Hysteria	146
Rescue by Renunciation	154

A Multidimensional Concept for Dealing with Addiction.....	161
Eating Disorders – a Problem Complex with Two Roots.....	166
Preventing Iatrogenic Damage	170
Supporting Patients with Somatic / Endogenous Illness	178
Dealing with the Blows of Fate	189
Noogenic Neuroses and Depressions	197
Ways Out of the Existential Vacuum	204
How Sleeping Disorders and Sexual Disorders are Created.....	212
A Recipe for Avoiding Egocentricity.....	218
Prevention and Aftercare	226
The Value of Life.....	231
The Pathogenesis of Mental Disorders.....	239
Further Developments in Logotherapy	245
Being Able to Decide Well	247
Principles of Meaning-Centred Family Therapy	272
Perceiving Oneself in a Completely Different Way	283
 The Author	 294