

Viktor Emil Frankl, the founder of logotherapy, ranks amongst the twentieth century's most important researchers into the human condition.

He developed a form of psychotherapy with an intriguingly dignified concept of human beings and the world which has an impressive track record of rapid success in practical application.

Numerous universities around the world have honoured Frankl for his achievements.

The present book provides a structured insight into his work.

It explains the anthropological foundation of logotherapy and the healing concepts that are built on this foundation.

It is a completely new translation of Elisabeth Lukas, Lehrbuch der Logotherapie into the English language, including all additions to this book in recent years.

The book is subtitled "Principles and Methods" because that is a more precise description of its contents than the old title of "textbook": it covers all the fundamental principles of Frankl's Logotherapy and its principal methods. The book provides an indispensable foundation for the teaching of logotherapy and a set of guidelines for your own logotherapy practice.

