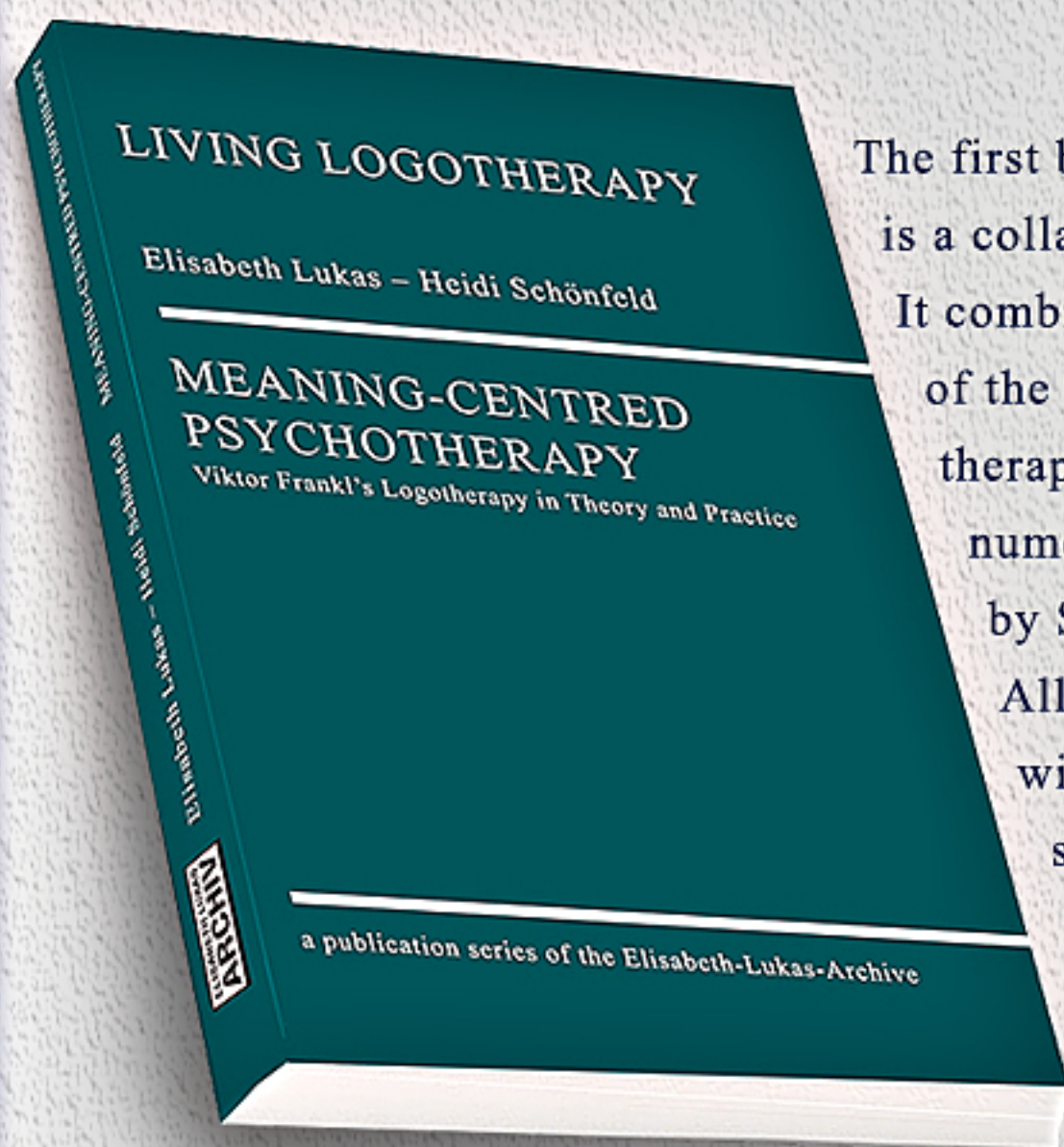


*“In our time, people usually have enough to live on. What they often lack, however, is something to live for.”*

This is how Viktor E. Frankl, the Viennese psychiatrist and founder of logotherapy, summarised a problem that is just as relevant today as ever. Elisabeth Lukas, a clinical psychologist and psychotherapist, has an international reputation as Frankl's most important student. In her many books, she illustrates how logotherapy provides help in cases of mental illness, enriches the everyday life of healthy people and inspires us all to lead a meaningful, fulfilling life. Her books illustrate how humane, authentic and up-to-date a “living logotherapy” can be. The main objective of this new series is to make her books, which have enjoyed lasting success in the German-speaking world, more accessible to speakers of English.



The first book in this series is a collaborative project. It combines discussions of the theory of logotherapy by Lukas with numerous case studies by Schönfeld.

All that remains is to wish this book success in the English-speaking world.

May it give readers a glimpse into the vitality and relevance of logotherapy!