

Below are a list of questions to keep in mind while we read through *Man's Search for Meaning*. We will be discussing many of these questions in class, so please think through them deeply!

Core Themes:

- **Meaning Amidst Suffering:**
 - How does Frankl describe the relationship between suffering and meaning? (pp. 88-89)
 - What strategies or mindsets does he suggest for finding meaning even in the most difficult circumstances? (pp. 87, 98-99)
 - Do you agree with Frankl's assertion that meaning can always be found, even in extreme suffering? Why or why not?
- **The Human Spirit:**
 - What examples does Frankl give of the resilience of the human spirit in the face of adversity? (pp. 23-24, 86-87)
 - How do these examples challenge or reinforce your understanding of human nature?
 - In your own life, have you witnessed instances of the human spirit overcoming hardship?
- **Logotherapy:**
 - What are the core principles of logotherapy, as described by Frankl? (pp. 119-121, 131)
 - How does logotherapy differ from other forms of psychotherapy? (pp. 120, 122-123, 125, 128)
 - In what ways could logotherapy be applied to contemporary life and challenges?
- **Responsibility and Choice:**
 - How does Frankl emphasize the importance of individual responsibility and choice even in situations of extreme limitation? (pp. 86-87, 131-132)
 - What examples does he give of individuals exercising their freedom within the concentration camps? (pp. 86-87)
 - To what extent do you believe individuals have the power to choose their attitude and find meaning in challenging situations?

Critical Analysis:

- **Narrative Voice and Perspective:**
 - How does Frankl's perspective as a psychiatrist influence his observations and interpretations of life in the camps? (pp. 24, 25)
 - What are the limitations or potential biases of his perspective?
 - How might the book be different if written by someone from a different background or with a different role within the camps?
- **Absence of Identity Markers:**
 - Why do you think Frankl chooses not to explicitly discuss his own Jewish identity or the specific persecution of Jews in the Holocaust? (pp. 21, 105)
 - What are the potential effects of this omission on the reader's understanding of the events and Frankl's message?
 - In what ways might his experiences and observations have been shaped by his Jewish identity?
- **Lack of Blame and Criticism:**
 - Why does Frankl refrain from directly blaming or criticizing the capos or German soldiers for the suffering they inflicted? (pp. 105-108)
 - What is the impact of this approach on the overall tone and message of the book?
 - Do you find his lack of blame and criticism to be justified or problematic? Explain your reasoning.
- **Relevance Today:**
 - What are the key takeaways from "Man's Search for Meaning" that are relevant to contemporary society and individuals?
 - How can Frankl's ideas and insights help us navigate the challenges and complexities of modern life?
 - What specific aspects of his message might resonate with young people today?