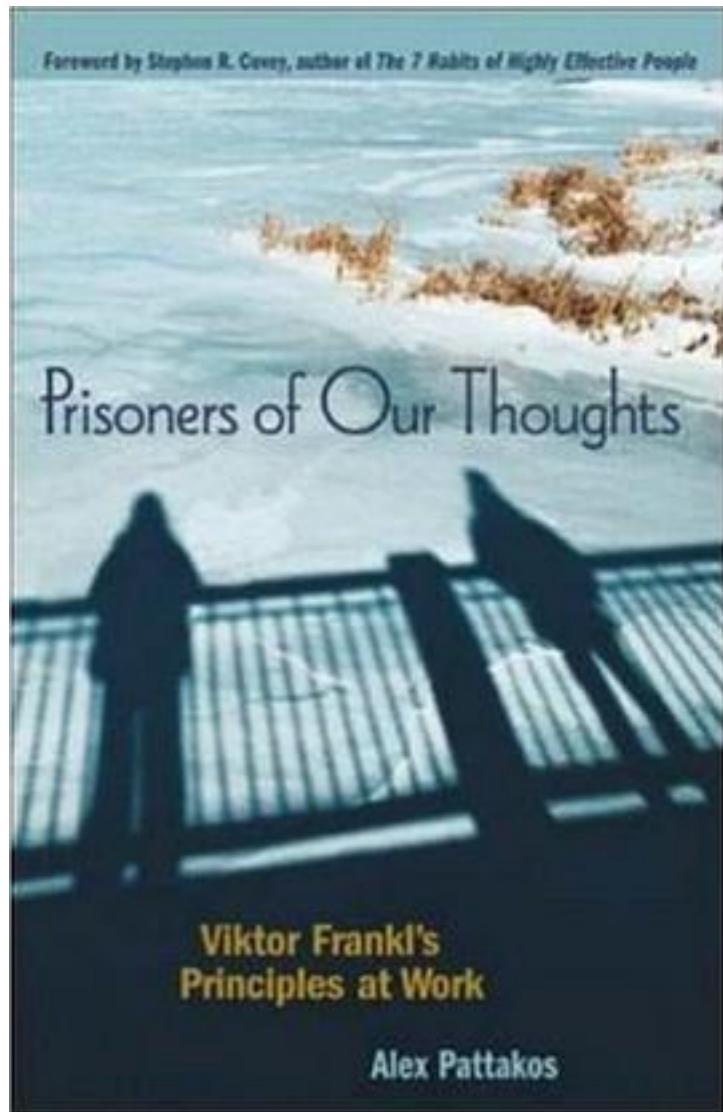


# Prisoners of Our Thoughts



[Prisoners of Our Thoughts 下载链接1](#)

著者:Alex Pattakos

出版者:Berrett-Koehler Publishers

出版时间:2004-10-10

装帧:Hardcover

isbn:9781576752883

This timely book expands on Viktor Frankl's seminal *Man's Search for Meaning*, examining the book's concepts in depth and widening the market for them by introducing an entirely new way to look at work and the workplace. Alex Pattakos, a former colleague of Frankl's, brings the search for meaning at work within the grasp of every reader using simple, straightforward language. The author distills Frankl's ideas into seven core principles: Exercise the freedom to choose your attitude; Realize your will to meaning; Detect the meaning of life's moments; Don't work against yourself; Look at yourself from a distance; Shift your focus of attention; and Extend beyond yourself. By demonstrating how Dr. Frankl's key principles can be applied to all kinds of work situations, *Prisoners of Our Thoughts* opens up new opportunities for finding personal meaning and living an authentic work life.

作者介绍:

目录:

[Prisoners of Our Thoughts 下载链接1](#)

标签

英文

心理

外国文学

人生

评论

2019.06.23

---

[Prisoners of Our Thoughts 下载链接1](#)

## 书评

[Prisoners of Our Thoughts\\_下载链接1](#)