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Hombre en busca de sentido (Spanish Edition)

Viktor E. Frankl

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Hombre en busca de sentido (Spanish Edition) Viktor E. Frankl
El doctor Frankl, psiquiatra y escritor, suele preguntar a sus pacientes aquejados de multiples padecimientos: Por que no se suicida usted? Y muchas veces, de las respuestas extrae una orientacion para la psicoterapia a aplicar: a este, lo que le ata a la vida son los hijos; al otro, un talento, una habilidad sin explotar; a un tercero, quizas, solo unos cuantos recuerdos que merece la pena rescatar del olvido. Tejer estas tenues hebras de vidas rotas en una urdimbre firme, coherente, significativa y responsable es el objeto con que se enfrenta la logoterapia.En esta obra, Viktor E. Frankl explica la experiencia que le llevo al descubrimiento de la logoterapia. Prisionero, durante mucho tiempo, en los desalmados campos de concentracion, el mismo sintio en su propio ser lo que significaba una existencia desnuda. Como pudo el que todo lo habia perdido, que habia visto destruir todo lo que valia la pena, que padecio hambre, frio, brutalidades sin fin, que tantas veces estuvo a punto del exterminio, como pudo aceptar que la vida fuera digna de vivirla? El psiquiatra que personalmente ha tenido que enfrentarse a tales rigores merece que se le escuche, pues nadie como el para juzgar nuestra condicion humana sabia y compasivamente. Las palabras del doctor Frankl alcanzan un temple sorprendentemente esperanzador sobre la capacidad humana de trascender sus dificultades y descubrir la verdad conveniente y orientadora.

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