

# Key Takeaways From "Man's Search For Meaning" by Viktor Frankl

- "He who has a Why to live for can bear almost any How".
- The greatest task for any person is to find meaning in his or her life.
- Suffering in and of itself is meaningless.
- You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you.
- We are never left with nothing as long as we retain the freedom to choose how we will respond.
- For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to cause greater than oneself.
- You have to let success happen without caring about it.
- There are things which cause you to lose your reason or you have none to lose.
- Success will follow you precisely because you had forgotten to think of it.
- The salvation of man is through love and in love.
- Love goes very far beyond the physical person of the beloved.
- Set me like a seal upon thy heart, love is as strong as death.
- An active life serves the purpose of giving man the opportunity to realize values in creative work, while a passive life of enjoyment affords him the opportunity to obtain fulfillment in experiencing beauty, art, or nature.
- Emotion, which is suffering, ceases to be suffering as soon as we form a clear and precise picture of it.
- He who has a why to live for can bear with almost any how.
- What you have experienced, no power on earth can take from you.
- What man actually needs is not a tensionless state but rather the striving and struggling for a worthwhile goal, a freely chosen task.
- For meaning of life differs from man to man, from day to day and from hour to hour.
- What is the best move in the world?
- Man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked.
- Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now.
- The true meaning of life is to be discovered in the world rather than within man or his own psyche.
- The meaning of life always changes, but that it never ceases to be.
- Love is the only way to grasp another human being in the innermost core of his personality.
- Suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice.

