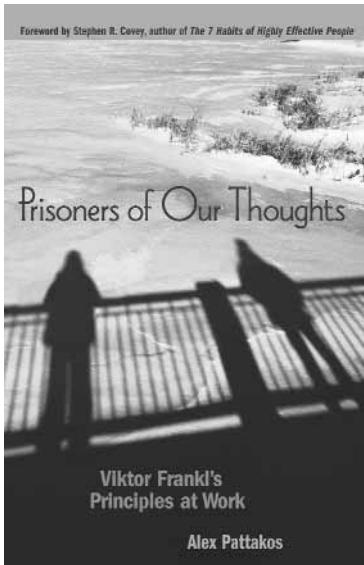


Alex Pattakos
Foreword by Stephen R. Covey

Prisoners of Our Thoughts

Viktor Frankl's Principles at Work



- Viktor Frankl's *Man's Search for Meaning* is one of the most influential books of our times—this book is the first to apply Dr. Frankl's ideas to the workplace
- Helps readers find meaning and fulfillment in their work and everyday lives by applying seven principles derived from Dr. Frankl's pioneering work
- Includes a foreword by Stephen R. Covey, author of the bestselling *The 7 Habits of Highly Effective People*

"The search for meaning at work, in work, and through work concerns us all. In bringing Viktor Frankl into the workplace, Alex Pattakos has produced a thoughtful and powerful guide that offers insight and wisdom."—Alan M. Webber, Founding Editor, *Fast Company* magazine

World-renowned psychiatrist Viktor Frankl's *Man's Search for Meaning* is one of the most important books of modern times. Named by the Library of Congress as one of the ten most influential books of the 20th century, Frankl's personal story of finding a reason to live in the most horrendous of circumstances—Nazi concentration camps—has inspired millions.

Alex Pattakos, Ph.D., is a principal of The Innovation Group (www.seedsofinnovation.com), and founder of the Center for Personal Meaning, based in Santa Fe, New Mexico. He has been a full-time professor of public and business administration, including serving as a graduate program head. He is also a past president of Renaissance Business Associates (RBA), a nonprofit, international association of people committed to integrity in business and elevating the human spirit in the workplace. He is the co-editor/co-author of the book *Intuition at Work: Pathways to Unlimited Possibilities*.

In *Prisoners of Our Thoughts*, Alex Pattakos—a longtime student of Frankl's thought who was urged by him to write this book—shows how Frankl's philosophy can help readers find meaning in their daily worklives.

Pattakos elaborates seven "Core Principles" that he has derived from Dr. Frankl's work: (1) choose your attitude no matter what the situation; (2) commit to meaningful values and goals; (3) find meaning in all of life's moments; (4) learn to see how you work against yourself; (5) look at yourself from a distance to gain insight and perspective as well as laugh at yourself; (6) shift your focus of attention when coping with difficult situations; and (7) reach out beyond yourself and make a difference in the world. Using stories, examples, and thought-provoking exercises, Pattakos applies each of the principles to various work situations, enabling readers to relate personally to the principle and learn when and how to use it.

By making Dr. Frankl's seminal work accessible and relevant to a wide audience, *Prisoners of Our Thoughts* opens up new opportunities for finding personal meaning through work and living an authentic life.

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