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Man's Search for Meaning by Viktor E. Frankl

"What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him."

"Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way."

"No one can become fully aware of the very essence of another human being unless he loves him."

● MY PERSONAL ACTION PLAN

1. _____
2. _____
3. _____