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Why do some people seem to have an easier time dealing with complex and challenging situations than others? Why do some people seem more capable of dealing with change than others? Learn how to bring deeper meaning and fulfillment to your life and work—achieve your highest potential putting Viktor Frankl's principles into practice!

Below are the seven core principles, which represent my interpretation of Viktor Frankl's enduring messages for us all. These are defined in my book, *Prisoners of Our Thoughts*:

CORE PRINCIPLES OF VIKTOR E. FRANKL'S WORK

1 Exercise the freedom to choose your attitude—in all situations, no matter how desperate they may appear or actually be, you always have the ultimate freedom to choose your attitude.

2 Realize your will to meaning—commit authentically to meaningful values and goals that only you can actualize and fulfill.

3 Detect the meaning of life's moments—only you can answer for your own life by detecting the meaning at any given moment and assuming responsibility for weaving your unique tapestry of existence.

4 Don't work against yourself—avoid becoming so obsessed or fixated on an intent or outcome that you actually work against the desired result.

5 Look at yourself from a distance—only human beings possess the capacity to look at themselves out of some perspective or distance, including the uniquely human trait known as your "sense of humor."

6 Shift your focus of attention—deflect your attention from the problem situation to something else and build your coping mechanisms for dealing with stress and change.

7 Extend beyond yourself—manifest the human spirit at work by relating and being directed to something more than yourself.