

# **Adventures with Viktor Frankl and Advances in Logotherapy (AEPP01)**

## **Introduction**

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Welcome to my course! Come to think of it, this may be the best thing you have ever done for yourself in recent years. Let me tell you why I think this way: first of all, in this course, you will hear the brutal truth that most of your suffering comes from self-sabotage and from your self-inflicted private hell. But this course will also show you how to be liberated from human-bondage. More importantly, you will learn the following skills which will make you a fully functioning human being:

- 1) You will find answers to your deepest existential questions about life and death.
- 2) You will learn how to understand and fulfill your full potential.
- 3) You will be equipped to cope with all the challenges of living in this digital and chaotic world.
- 4) Last but not the least, you will learn to live a meaningful and happy life according to the following spiritual principles: human beings need to live within an ethical boundary, a network of loving relationships, and a larger context involving Heaven, Earth, and the Creator. This is the ultimate meaning of life designed by God.

May you have an open and inquisitive mind in order to fully benefit from this course...

[END OF LESSON PREVIEW]