Book Reaction

[Name of the Writer]

[Name of the Institution]

Book Reaction

**Man's Search for Meaning:**

 The book “Man's Search for Meaning” was written by Viktor Frankyl in 1946. The book is based on the personal experience of the author. He explained the condition and feelings during the imprisonment at the time of the holocaust. He was one of the survival who stayed in prison and got the chance to get free later. The book is not only interesting but also significant for the students of psychology. This is because the situations discussed in the story indicate the psychological behavior and response of the people at a critical moment. It is a classic book that is worth reading.

The name of the book indicates that the incompleteness or searching for unknown. People who were living in the camp under the Nazi force did not know about survival. They had no clue about what will happen next moment and how life will end. In other words, the first half of the book concentrates on the reflection of the mind and thought of the prisons. The way they think for future or survival. The positive point of the book is that the author did not focus much on helplessness and theme like power or discrimination. Instead, he highlighted the theme of hope, positivity, and desire for being alive. He provided the number of examples which reflect that how the prison was hopeful for their future even after experiencing so much torture and hardship. It gives a message to the readers that a person should not leave the hope no matter what. There is always a way to get out of trouble in life.

 The first half is significant to understand the psychology of the people while the second half is beneficial for the students of philosophy. This is because, in the second half, the author discussed the therapeutic philosophy. The author presented his theory "logotherapy" in the second part which implies that finding meaning in life is the primary motivational force of the person. The theory was developed by examining the concepts of neurology and psychology. The experience of the holocaust helps the author to analyze the fact that individuals cannot avoid suffering. Suffering, pain, accident is the part of life and it is the capability of the individuals to cope with the issues efficiently rather than losing hope.

The second half explains three main concepts throughout the story. First, individuals have to make the decision rather than just believing in their existence. The power of decision making and working for improvement enable individuals to decide where they want to see themselves in the future. This capability of people makes them different from animals. In other words, the human is not like the animal they can think, feel, and change by changing their actions and behavior. Second, motivation is the key component for the success of the person. Every individual needs some sort of motivation or goal to move forward. A person without hope or motivation cannot bring change. Third, life gives you multiple choices and meanings. Now it is upto the person which meaning he feels and what choice he makes to proceed to the satisfying life (Frankl, 2006).

The book is full of motivation and inspiration for the people who are seeking for positivity or motivation. The story gives the reader hope that every difficulty must-have a solution. The only way to survive is to stay positive, motivated, and active to give a response to changed situations. When a person understands the meaning of his life then no one can stop him to spend the rest of his life with satisfaction.

**Madness Comes Home:**

 The book “Madness Comes Home” was written by victoria Segunda. This book is really useful for learning the psychological disorders and its consequences on other family members. It is easy to illustrate the physical health issue but psychological issues are critical to understanding by the patient himself. It has been observed that individuals ignore the symptoms of psychological disorders like manic illness, depression, and anxiety. The main theme of the story focuses on the fact that how people underestimate the mental issue and ignore them which resulted in serious mental illness.

 The story is beautifully written through deep research on the issue which is well organized through the story of a family. The story is based on the girl who understands the problem of her sister who was suffering from schizophrenia. The subtitle of the story that is “*Help and Hope for the Children, Siblings, and Partners of the Mentally Ill,”* (Secunda, 1997)*,* indicating the main purpose of the author to tell the story. It is important to help the family members if someone is facing any psychological issue. Other family members are like the hope who can make efficient decisions regarding their health. However, it is not easy to explain to family members that he has a mental issue.

 The story tells the situation of the girl who explained to her sister about her disease and wait for her reaction. The line, "Telling someone that there's a mental illness in your family, and watching the reaction, is not for the fainthearted," explains the situation of the girl who wanted to help her sister but she was not cooperating. The girl not only helped her sister but also examine the rest of the family members to score them for diseases like debilitating depression, manic-depressive disorder, schizophrenia, and other such psychological disorders. She helped her family members to speak for themselves and explain their thoughts and situation. It was effective to acquire the knowledge, insight for making preventions and strategies.

 The book is significant to understand the fact that most of the time psychological orders happen due to the home environment or genetic factors. Reports indicate that psychological disorders have a strong relationship with the health history of the family. In this book, this point is raised by explaining the situation of group therapy. People do not try to cope with psychological problems and try to adjust to the situation. Difficulties increase when a family understands the problem and he has to explain it to the other family members.

 Another good thing about the book is that the story not only raised the issue but also explains its solution. The story starts with the problem of having a psychological issue in the family which was followed by the reaction of the family. The author explained the group therapy and explained to the readers that there is nothing wrong to go for counseling with the entire family. The useful strategies and preventions were given by the author which readers can apply in their life. The readers who observe any psychological disorder in their family can take help from the book to cope with the issue.

The book is not only useful for readers who have psychological issues like depression and anxiety but also for health givers. Professionals like physicians, psychiatrists, and nurses can learn the numbers of strategies that they can use while helping the patient with a psychological disorder. The family understood the intention of the girl and finally cooperated with the family which gives the lesson that it sometimes seems difficult to handle the situation but eventually family understands the person.

**References**

Frankl, V. E. (2006). *Man’s search for meaning*. Boston: Beacon Press.

Secunda, V. (1997). *When Madness Comes Home: Help and Hope for Families of the Mentally Ill* (1st edition). New York: Hyperion.