

**viktor frankls contribution to pdf**

Abstract. The main purpose of this chapter is to introduce Viktor Frankl's logotherapy to the 21st century, especially to positive psychologists interested in meaning research and applications.

**Viktor Frankl's Meaning Seeking Model & Positive Psychology**

According to this model, there are constant interactions between positive and negative sides and internal and external factors. Positive mental health does not only depend on positive internal and external factors; it can also benefit from overcoming character defects and external obstacles.

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