

# Victor Frankl

**Post by “timrobbe” of November 22, 2020 at 5:15 AM**

Dear friends,

In my readings I more than often read quotes from Victor Frankl. I am sure you heard of him. His view is that the meaning of life comes from 1) a significant other, 2) labour you love doing or 3) suffering. Happiness is a byproduct according to him. It is of course the Stoics that like to quote Frankl.

My view is that the greatest good is life and the means by fully living a good life is living a pleasurable life. Significant others, as in friends, are important, but means to this end. The same goes for doing labour you love. This gives pleasure and therefore you love doing it. With suffering there seems to be a problem. How are suffering and EP to be reconciled? I think that suffering itself is evil (every pain is an evil in itself), but if suffering leads to feelings of, say, fortitude and invincibility or (the opposite) humility etc. then suffering as a pain is endured to ultimately experience pleasure.

Any comments?

Kind regards

TR