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Meaning is a theoretical concept of utmost importance to positive and existential psychologists in their interpretations of narratives of suffering and healing, yet the two schools of thought...

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Existentialism asserts that people make decisions based on subjective meaning rather than pure rationality. The rejection of reason as the source of meaning is a common theme of existentialist thought, as is the focus on the anxiety and dread that we feel in the face of our own radical freedom and our awareness of death. Kierkegaard advocated rationality as a means to interact with the objective world (e.g., in the natural sciences), but when it comes to existential problems, reason is ...

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Meaning Therapy (MT) is an extension of Frankl's logotherapy and America's humanistic-existential tradition; it is also pluralistic because it incorporates elements of cognitive-behavioral therapy, narrative therapy, and positive psychotherapy, with meaning as its central organizing construct. MT not only appeals to people's natural desires for happiness and significance but also makes ...

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